

# Health begins in the family – A European comparison



Our experience during the Erasmus period: how we learn to be healthy



## MAIN points

1. Learning about healthy life habits
2. Physical activeness
3. Nature therapy

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What it looks like in everyday life...



## MAIN points

1. Developing cooking skills
2. Canine therapy
3. Dance therapy

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SPREADING A HEALTHY LIFESTYLE 😊



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## Ecology and sustainability: ideas and initiatives



### MAIN points

1. We learn not to waste food
2. Social business ideas 😊