

1st Execution Report of the Portuguese Active and Healthy Ageing Action Plan

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// Strategic Pillars

6 Pillars of Active and Healthy Aging Plan

Health and well-being

1




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Autonomy and independent living

2




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Lifelong development and learning

3




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Healthy working throughout the life cycle

4



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Income and economics of aging

5



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Participation in society

6



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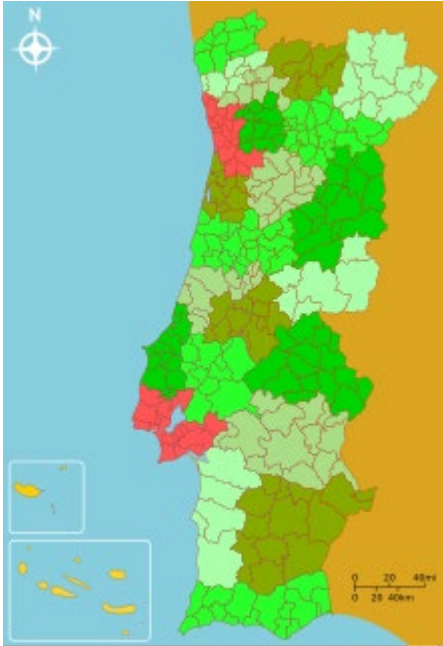
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Approved in January 2024

94 Activities in execution after 9 months!

// Transition from the National Level to Municipalities

Municipal Active and Healthy Ageing Action Plans



// Walking Football



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