



Welcome to the first Caribbean Congress of Active Aging

It is my great pleasure, as the President of the Board of 'Fundacion Movimiento Ta Bida' *, and honor to warmly welcome you on behalf of the "Fundacion Movimiento ta Bida" to the First Caribbean Congress on Active Aging on this beautiful island of Aruba.

The Congress addresses the three over-arching themes of People, Policy and Practice.

The program includes presentations by leading experts and authoritative speakers from North and South America, the Caribbean and Aruba covering a wide range of topics in the area of active aging. This Congress offers plenty of opportunities for interactive discussions and networking along with hands-on training in a workshop setting, and to view interesting exhibits and presentations relevant to the topic.

The Congress is now a recurring event on the busy calendar of experts and stakeholders meetings on active living, physical activity and health under the senior population, in particular, and the promotion of enjoyable lifelong physical activity among the younger populations, in general.

We, the Organizing Committee, are pleased to inform that this Congress is the result of strong partnerships and collaborations among stakeholders in both the private, NGO's and public sectors in Aruba, as well as the active support and participation of international experts and organizations promoting better healthcare for all people, such as, the *Physical Activity Network of the Americas* (RAFA/PANA) and *La Red de Actividad Física de América, capitulo de Puerto Rico* (RAFA-PUR). Special thanks to the Ministry of Health, Elderly Care and Sports and the local funding entity and intermediary CEDE Aruba, for their support. The concerted efforts of all the stakeholders contributed towards the realization of what we aim to make an informative, practical and inspiring event for all.

We believe that these coordinated and aligned efforts and inputs will form the cornerstone of what we anticipate could serve as a benchmark Congress on Active Aging for the Caribbean region.

I would like to take this opportunity to thank everyone who supported this event. Special thanks to the organizing committee members for their hard work and dedication.

Let's hope we are all rewarded with an outstanding Congress on Active Aging on this one happy island.

Organizing Committee

Rudy Leysner

Frances Figaroa

Marchena

Harold de Miranda

Kirsten Schunselaar-van den Eijk

Sandra Machecha Matsudo

Azriah Palm

Gino

Ivo Valdes



THE FIRST CARIBBEAN CONGRESS OF ACTIVE AGEING

GENERAL INFORMATION:

OBJECTIVES:

- Raise awareness under the senior population of the importance of an active lifestyle.
- Sensitize professionals working with and for the older population about the benefits of promoting a healthy and active lifestyle.
- Promotion of enjoyable lifelong physical activity among the younger populations as it pertains to staying healthy and active in old age.

TARGET GROUPS:

- All seniors (50+)
- Students of advanced learning institutions
- Individual professionals and institutions in the healthcare, physical activities and social sectors.
- Policy-makers and decision-makers
- Caregivers of elderly persons and all persons working with and for the elderly

Accommodation:

Camacuri Residence & Apartments
46 B Avenida Milio Croes, Oranjestad, Aruba



Good Apartment hotel that is affordable.
Very quiet and clean, good accommodation.
Incredibly friendly and very service minded staff.
Offers pool, but has great beaches on 10 minutes walking distance



The Congress will be held in Cas di Cultura and is situated on walking distance from Camacuri Residence & Apartments

Venue:

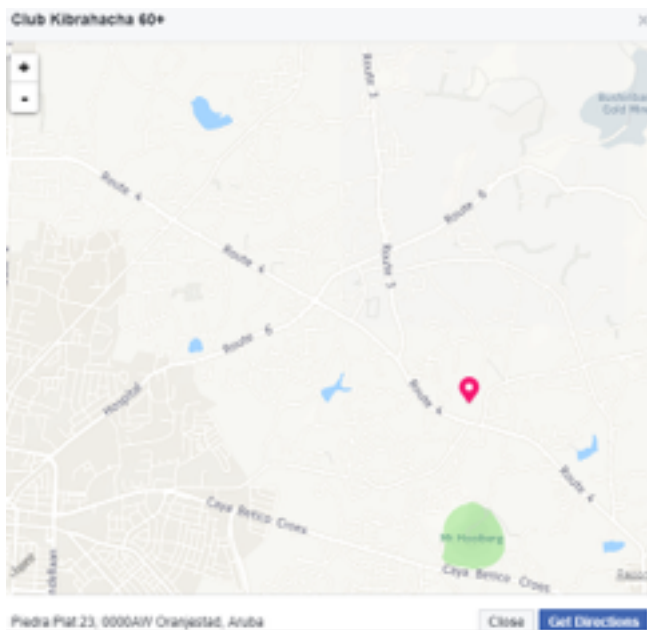


ARUBA'S THEATER
AND CULTURAL CENTER SINCE 1958



The congress will take place at the “Stichting Schouwburg Aruba (Cas di Cultura)”. When you drive from the airport towards the downtown area and hotels, will find after circa five kilometers a big roundabout (Las Americas) with tall palm trees. Cas di Cultura lies to your right across from this roundabout.

The workshops will be held in Club Kibrahacha 60+ in Piedra Plat. Kibrahacha (location)





There are five different workshops scheduled. A total of 25 participants can register for each workshop. We apply a rotation system. Thus a maximum of 125 participants will be attending the workshop sessions.

The primary target group include professionals working for and with the senior population in the (para)medical, physical activity and caregiving sectors.

We advise practical and active attire for the workshops.

Practical information

The official currency in Aruba is the Florin, but the US Dollar is widely accepted. The Florin is pegged to the US Dollar. The official rate at which banks accept banknotes is Afl. 1,77 and checks at Afl. 1.78. The rate of exchange applied by local stores, restaurants and hotels ranges from Afl. 1.75 to Afl. 1.80 per US Dollar. Banks also exchange other foreign currencies.

The electrical supply in Aruba: 127 Volts, 60 Hz.

The connection for appliances is a flat 3-pin plug of American design.