

This term has been one with several activities on, from talks to U3A to testing, with the highlight being the organisation of our inaugural Symposium!

## Active Ageing Research Group talks about balance

AARG was invited to U3A Whitehaven to discuss issues with balance as we age and how we can improve our balance through simple exercises that we can do anytime. It was a great turnout, with over 60 members participating in the activities and asking questions. It was very encouraging to see the engagement and the interest from the members – evidently, balance remains a major concern, despite the wealth of information available.



## Research and Impact in Active Ageing Symposium

We are very excited to have organised the Research and Impact in Active Ageing Symposium on 24<sup>th</sup> June. Expert keynote speakers will talk about recent research findings and the way forward, as well as how research can become more impactful and useful in everyday life. In addition, a poster presentation session will give the opportunity to researchers to present their work. More information can be found here - <http://bit.ly/11oEYzN>.



University of  
**Cumbria** 

**ACTIVE AGEING RESEARCH GROUP**

**'RESEARCH AND IMPACT IN ACTIVE AGEING'**

A one day symposium hosted by the University of Cumbria  
in collaboration with the University of Rome Foro Italico

Friday 24<sup>th</sup> June 2016  
Lancaster, UK

## Professor Andrea Macaluso visits the University of Cumbria

Professor Andrea Macaluso, from the University of Rome, Foro Italico, will be visiting the University of Cumbria in his capacity as Visiting Professor. Andrea will talk to postgraduate students and research active staff on furthering research quality and outputs. Andrea will also be one of the keynote speakers in our Symposium



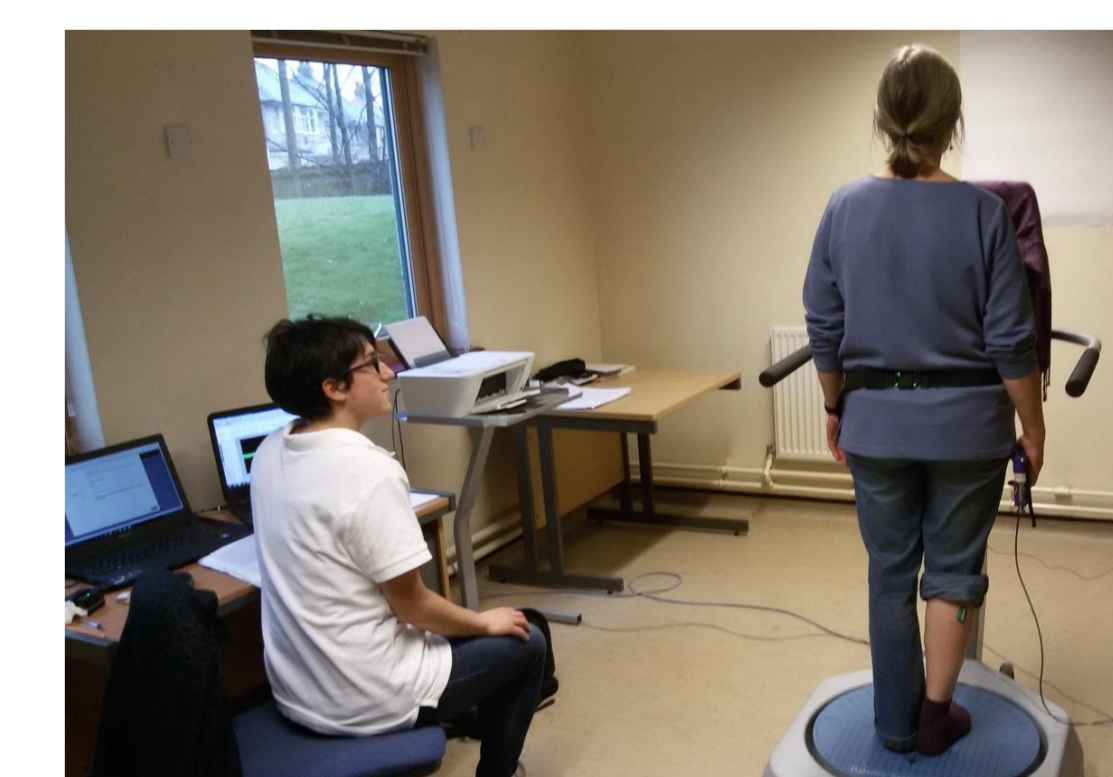
## AARG at the European College of Sport Sciences Annual Congress

All AARG staff and students will present their work at the European College of Sport Sciences Annual Congress at Vienna in July. This is a prestigious conference, attracting over two thousand delegates from all over Europe, with very high standards of presented work. We are extremely pleased that all the work we have submitted was accepted.



## MSc exchange students return to Italy

Many of you have volunteered and were tested by Viola on her project regarding balance. Viola has now completed her project and returned to Italy, where she is analysing the data – more on the project results soon! Viola wanted to thank all of you again for your invaluable help, and we want to add our thank you's to hers.



**As always, we are interested in your ideas and input in our work, so please feel free to see our work and contact us at the details below:**

