

The Festival for a Healthy Life (Festival Vida Saudável) was organized on the 4th of March in 2016 aiming at disclosing the benefits of the PERSSILAA Project and of the website Nutriageing.fc.ul.pt to the scientific and the community of the Lisbon municipality. Co-organized by the Faculty of Sciences and the Lisbon Municipality, it comprised two sessions: the morning session at the Fundação da Faculdade de Ciências, and the afternoon session, at the Mercado da Ribeira, the Lisbon's main food market since 1892, when it opened with an iron interior and a large oriental dome. In 2014 it was taken over by Time Out Lisboa magazine, whose management added stalls offering food and traditional local products as well as an amphitheater for conferences and events.



Opening Session (from the left to the right):

Prof. Feridun Turkman (President of FCUL School Council);
 Dr. João Afonso (City Councilman, Municipality of Lisboa)
 Prof. José A. M. Simões (Director of FCUL),
 Prof. Maria J. Calhorda (President of the Center
 of Chemistry and Biochemistry – FCUL) and
 Prof. Amélia Rauter (Coordinator of PERSSILAA Portuguese team)

In the morning Prof. Enrique Gómez, a PERSSILAA team member from the Universidad Politécnica de Madrid, presented technological approaches involved on personalized monitoring technologies for frailty prevention involving sensors, intelligent data analysis and data mining techniques, mobile technologies and adaptive user interfaces, with the practical example of engineering solutions for frailty prevention based on the PERSSILAA EU project.

Experts of nutrition, pharmaceutical and the chemical sciences, the latter explaining processes at the molecular level, were present and this morning session was very successful providing questions to many answers posed by the audience of about 80 participants, not only scientists but also coming from the general public.

In the afternoon, the session at the Mercado da Ribeira was dedicated to show to the general public the benefits of PERSSILAA platform and of the nutriaging website. The speakers were Prof. Amélia Pilar Rauter (Coordinator of the Portuguese project team), Dr. Marta Silva and MSc. Tania Albuquerque (project members). The session closed with a cooking show with Chef Hélio Loureiro, the protagonist of the nutriaging website cooking shows.



This full day Festival was very successful and resulted also in a fruitful dissemination of PERSSILAA, extended all over the country. An example can be cited consisting of the invitation of PERSSILAA team to introduce the project platform to the Municipalities the North of Portugal, on the occasion of the II Edition of the Internacional Seminar of Alzheimer and Other Dementias: Knowledge, Understanding, Interventions, that will take place in Viseu on the 11th and 12th of November 2016.

Festival Vida Saudável

4 th of March 2016

