

🌿 5th Week A Success Story from Larissa, Greece 🌿



At the Care Center for Older People of Larissa (ΚΑΠΗ), with the coordination of University of Thessaly a 5-week intervention of Hatha Yoga was implemented. Adults over 55 years old participated to the pilot program from 23rd of May to 20th of June 2025. This intervention was a celebration of physical development, relationships, and wellbeing. With more confidence, better fitness, and digital literacy, participants concluded their experience on a high note following weeks of learning, exercise, and tech discovery.

💬 What Participants Had to Say

"I never imagined I'd be using a smartwatch at my age—but now I check my heart rate every day after walking!" – Maria, 70

"The sessions helped me move more and laugh more. And now I know how to check how many steps I've walked!" – Dimitra, 68

"My daughter helped me at first, but now I teach others in the group how to use the watch." – Eleni, 67