

07. October 2022

Social

## **"Fit in old age": Renowned health expert speaks in Bocholt**

### **Closing of the "Future City" initiative "Fit in Old Age" on Tuesday, October 18, at 5 p.m. in the Mensa Benölkenplatz with Prof. Dr. Ingo Froböse from the German Sport University Cologne // Free admission**

How to stay physically and mentally fit in old age: No one knows this better than the internationally renowned health expert Prof. Dr. Ingo Froböse. He is a university professor for prevention and rehabilitation in sport at the German Sport University in Cologne. On Tuesday, October 18, he will speak in Bocholt and reveal what is important to remain agile for a long time in old age. The event will begin at 5 p.m. in the Mensa Benölkenplatz. Admission is free.

Registrations can be made online at

<https://beteiligung.nrw.de/portal/bocholt/beteiligung/themen/1001650> ↗.

The event is also the final event of "Fit im Alter", a sub-initiative of the project "Zukunftsstadt Bocholt", which is funded by the German Federal Ministry of Education and Research.

After the welcome address on October 18, the program "Fit im Alter" (Fit in old age) will first be presented, the aim of which was to make the city an interesting place to experience exercise and activity and thus to strengthen the health of its citizens. Many people from Bocholt have taken part in various activities over the past few years. This will be followed by Froböse's presentation, which will last around one hour and is entitled "Healthy community - focus on senior citizens' health".

Information on the speaker is available at [www.ingo-froboese.de](http://www.ingo-froboese.de) ↗





*Gastredner am 18. Oktober in Bocholt ist der international renommierte  
Gesundheitsexperte Prof. Dr. Ingo Froböse.*

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