

## IMPROVING EUROPE HEALTH

### GENERAL INFORMATION:

Type of Programme	Grundtvig
Name of Organisation	Pilates Wellness and Energy
Type of Organisation	Enterprise
Country	Spain
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### PROJECT INFORMATION:

Title: **Improving Europe Health**

Summary:

The aim of the project is the exchange of ideas, methodologies and practices in order to get the improving of the health. We would like to exchange practices in health training, sports, and healthy habits.

We are searching partners with experience in training focusing in the improving of the quality of Life and Informal training (sports, health, wellness...)