

SHORT  
ADVANCED  
PROGRAMME

**RUN**  
REGIONAL  
UNIVERSITY  
NETWORK  
EUROPEAN UNIVERSITY

# LIFESTYLE MANAGEMENT IN CHRONIC DISEASE

## THE ROLE OF PHYSICAL ACTIVITY & NUTRITION

**23.APR – 2.MAY.2025**

Face-to-Face Week: TUS, Athlone, Ireland 28 April – 2 May 2025

**This SAP is aligned with “Goal 3: Ensure healthy lives and promote well-being” of the 2030 Agenda for Sustainable Development.**

With the aim of improving access to quality healthcare services while reducing existing regional development disparities in the European Union, this SAP seeks to consolidate participants' knowledge and skills in assessing physical activity and nutritional habits, deepen their understanding of effective health promotion interventions for chronic disease populations, and facilitate their practical application in real-world contexts.

**2 ECTS Credits**

### Eligible participants:

RUN-EU students from all cycles of studies, with particular emphasis on postgraduate students from Sports Sciences, Athletic Therapy and Rehabilitation, Physiotherapy and other allied health professionals.

### Deadline for applications:

7 March 2025

### COORDINATION:

Technological University of the Shannon  
Polytechnic University of Leiria



Fill in the application form  
(QR or website)

**+INFO: [www.run-eu.eu](http://www.run-eu.eu)**



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