

HEALTH UP!

NEWSLETTER 1

CO-FINANCED BY THE ERASMUS+ PROGRAM OF THE EU
PROJECT NUMBER: 2024-1-ES01-KA220-VET-000244614

WELCOME TO OUR PROJECT!

HEALTH UP! aims to provide VET trainers and with tools to understand and identify eating disorders among their students. It will work to help prevent eating disorders through an early identification, and the implementation of activities in the VET centre that encourage healthier habits among students.



OUR KICK OFF MEETING

We met in the headquarters of our project coordinator, UNIZAR (Zaragoza, Spain) in January 2025, to have our first meeting. The consortium analysed the main outputs that will be developed in the project, which will include:

- A guide to educate about eating disorders, from a formal point of view, with information and contact points at European level.
- A workshop manual focused on nutrition.
- A workshop manual focused on mental health, social and physical activities.
- An app to access the content in a dynamic and user-friendly way.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Co-funded by
the European Union

HEALTH UP!

NEWSLETTER 1

CO-FINANCED BY THE ERASMUS+ PROGRAM OF THE EU
PROJECT NUMBER: 2024-1-ES01-KA220-VET-000244614

MEET OUR PROJECT PARTNERS

The HEALTH UP! consortium is formed by:



**Universidad
Zaragoza**

@[universidaddezaragoza](https://www.unizar.es/)

[HTTPS://WWW.UNIZAR.ES/](https://www.unizar.es/)



@[mediterraneo.international](https://www.mediterraneo.international)

[MEDITERRANEOCULINARY.COM](https://www.mediterraneo.international)



[WWW.FACEBOOK.COM
/EFADOFFICIALPAGE](https://www.facebook.com/EFADOFFICIALPAGE)

[WWW.EFAD.ORG](https://www.efad.org)

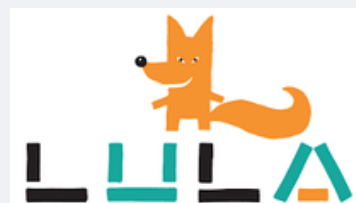


@[kmop_org](https://www.kmop.org)

[WWW.KMOP.GR](https://www.kmop.org)



HEALTH UP!
PREVENTING EATING DISORDERS
IN VET EDUCATION



@[LULACONSULTING](https://www.lulaconsulting.eu)

[WWW.LULACONSULTING.EU](https://www.lulaconsulting.eu)

