



3° Congresso Europeo WAPR / 3rd WAPR European Congress

Salute Mentale e Salute Fisica nell'Europa che cambia Mental Health and Physical Health in a changing Europe

Torino - 15-16 Maggio 2015 - May 15-16, 2015



Sezione Italiana

SOCIAL DINNER

Friday 15 May, at 8.30 pm



at the club
"Circolo ALDOBARALDO"
Via Parma 29/b, Torino
www.aldobaraldo.net

*The social dinner is an opportunity to meet, relax and
have fun together, while enjoying good food and an entertainment show.*

For fans of tango it will be an occasion for dancing: then don't forget your shoes!!!

The social dinner costs € 30,00 for person, VAT included.

Tickets can be purchased online through the registration procedure.

A "**Blind Tango**" demonstration will also take place during the event.

The "Tango Ciego" project developed from a pilot study which involved 9 visually impaired people recruited among the members of the Sports club of Torino's Unione Italiana Ciechi e Ipovedenti (Italian Union for the Blind and Visually impaired) who took part in 11 lessons over 3 months dedicated to the study of Tango. The sensations of participants were analysed using "biographic interviews" and specific tools for the detection of motor abilities which monitor changes in terms in static and dynamic balance. Results showed how studying tango can lead to changes in psychophysical well-being and in the lifestyle of participants also thanks to the fact that they felt involved in something. The objective is to improve motor abilities in order to manage everyday and social activities better. The project involves both sighted and visually impaired dancers in Tango courses and in activities promoting dancing in the visually-impaired world to favour integration.

The club can be reached:

- on foot * - see map below -
- by tram no.3, 16 (<http://www.5t.torino.it/5t/it/percorsi/calcolo-percorsi.jsp>)
- by car o taxi (011 5730/5737)

* in agreement with the congress topics, you can arrive to the club through a group walk, experiencing a way of walking that can produce metabolic effects and improve the physical efficiency. If you want, subscribe to **FITWALKING** on the Congress website.



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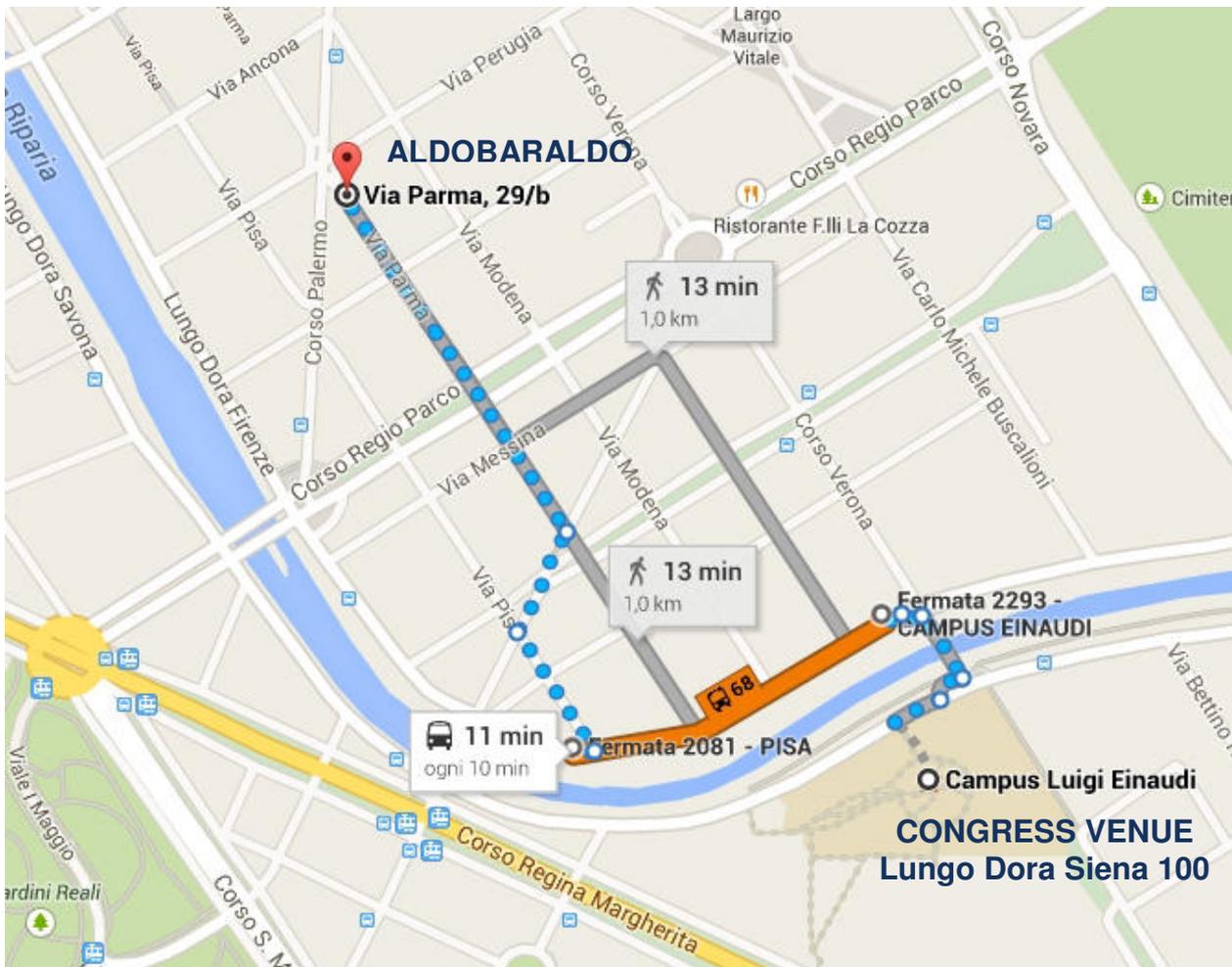
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See larger map: <https://goo.gl/maps/aYjSF>