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Motto:

**"Life is like riding a bicycle,  
to keep your balance,  
you must keep moving."**

(Ewa Kozak)

Dear Instructor, Coach, Friend,

I warmly invite you to participate in the informational and training conference:

### **Małopolska includes people with fewer opportunities in sports**

which will take place on **Tuesday, May 21st at 5:00 PM.**

Maintaining balance in times referred to as "pre-war" is a multidimensional challenge that we, as a society and as individuals, must tackle head-on.

What can we contribute to its solution as sports instructors? How can we help older and younger individuals in our community?

The conference "**In Małopolska, we work with European methods**" has encouraged several wonderful individuals to seek answers to our pressing questions. To learn about their proposals, meet with them on May 21st. You will watch video suggestions for balance exercises, ask questions, and engage in discussions. Perhaps you will propose your own solutions, or maybe you will simply benefit from those already developed?

Join the conference in the way that suits you best:

- In person – we will be expecting you from 4:30 PM in the conference room of Folwark Stara Winiarnia, ul. Orodowa 2, 34-730 Mszana Dolna

or

- Remotely – we will gladly assist or help you in connecting to the live stream between 4:30 PM - 5:00 PM

Please notify us of your presence as soon as possible by filling out the form available at the following link:

<https://szkolagorska.eu/erasmus/wydarzenia/events/konferencja-ii-2/formularz-zapisu-na-konferencje-2/>. Remember that the number of on-site participants is limited (25 people), and each person will be asked by us before the conference for individual consent to process necessary personal data and to record their image.

I look forward to meeting you with joy and hope for a new opportunity for creative collaboration. Bring along those whose presence matters to you. Let each of you register.

Jurek Suchodoła