



YOUR WISE COMPANION

YOUR PATHWAY TO WELLBEING

NESTORE is your companion. It will educate you in staying active and healthy to ensure you sustain your quality of life as the years go by.

NESTORE will act on your motivation as well as empower you in your daily activities as it provides you with support and coaching in a life-long learning approach.



NESTORE operates into both physical and virtual domains through tangible objects (such as sensors) and software. These two domains will enable NESTORE to monitor and give advice in various dimensions of human life

- ▶ Physiological status and physical activity
- ▶ Nutrition
- ▶ Mental and physiological wellbeing
- ▶ Social interaction
- ▶ Cognitive capabilities

NESTORE

is a research project gathering 16 partners
from 8 European countries
to work in a multidisciplinary perspective.
For more information, please visit:
www.nestore-coach.eu



European
Commission



NESTORE project has received funding from the European Union's Horizon 2020 research and innovation programme call: Personalised Medicine under the Grant Agreement No 769643.