

## **Avgerinou Glykeria**

Glykeria Avgerinou is a graduate of the Deutsche Sporthochschule Köln (German Sports University of Cologne) majoring in "Exercise and health in prevention and rehabilitation" (2014-2018). She chose as a specialty exercise with people with chronic diseases, people with special needs and the elderly (2014-2018). She continued her postgraduate studies at the European University of Cyprus from where she graduated with a Master of Science in Gerontology (2019-2021). Alongside her undergraduate studies, she worked at the "Center for Orthopedic Rehabilitation" of the University Clinic of Cologne. At the Municipal Gymnasium of the Municipality of Cologne, she had the opportunity to work mostly with elderly people. Later on she continued working in private prevention and rehabilitation centers as well as in fitness studios. During her internship, she worked together with the "Saint Eleni Day Center" of the Hellenic Society of Alzheimer's Disease and Related Disorders, participating in the data collection of the "VRADA" Research program for the assessment of the physical condition of dementia patients as well as in the Exercise Programs for Alzheimer's patients.

