



**Name, age & hobby's**

Evie van der Spoel (28)

Singing in a choir, cycling, rowing, listening to music, yoga, watching movies and series, spending time with friends and family.

**In which institute/organization are you working?**

Leiden University Medical Center

**What's your role in VOILA? What would be the best outcome for you?**

I am a postdoc aiming to set up a sustainable participant platform (RL1) of older adults for studies and interventions. We will recruit participants from different cohort studies, including the Leiden Longevity Study and the Doetinchem Study. Furthermore, I am involved in investigating the role of the gut microbiome in healthy ageing, among others in the RL3 intervention study.

The best outcome would be that we will create a large platform of diverse older adults throughout the Netherlands who are willing to participate in new studies. Furthermore, I hope we will find biomarkers of healthy gut ageing.

**Mention your Pension. What will you be doing?**

Hopefully being healthy and happy. I think I will be still singing in a choir and possibly even still rowing and cycling regularly. Furthermore, I would like to have a garden so I can grow my own vegetables and fruits. I hope to enjoy nature and spend a lot of time with family and friends.