



Name, age & hobby's

Sjors Verlaan (47)

Cycling, sports, travelling, having fun with friends and family

In which institute/organization are you working?

FrieslandCampina

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

I will contribute to the design and interpretation of RL3 interventions. Hopefully this fascinating program will provide us new insights in the different trajectories and mechanisms of aging and how nutrition can support healthy and active aging.

Mention your Pension. What will you be doing?

Enjoying life with friends and family with an active mindset