



Alejandra Monsegue (25)

Hobbies:

- Dancing
- Volleyball
- Food (cooking & eating)

Maastricht University - Department of Human Biology

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

I am a PhD student working on the multimodal intervention study (RL3).

The best outcome for me would be a smoothly conducted and fruitful study with results that lead to the promotion of healthy ageing and an improved quality of life for the ageing population.

Mention your Pension. What will you be doing?

I hope to be living healthily with an active lifestyle, enjoying the company of loved ones (who have hopefully all benefited from healthy ageing).