Healthy workplaces for all ages

4TH INTERNATIONAL HEALTHY LIFESTYLE SYMPOSIUM
Domus Medica, Dunajska 162, Ljubljana

18–19 April 2016
Monday, 18 April 2016

HEALTHY WORKPLACES FOR ALL AGES

Day 1

08.00-08.00 Registration

08.00-08.15 Welcome speech
James UPLAZNIK, CEO
Razvojni center IKTS Žalec (Slovenia)

08.15-08.30 Welcome speech
Janez UPLAZNIK, CEO
Razvojni center IKTS Žalec (Slovenia)

08.30-09.00 Welcome speech
Janez UPLAZNIK, CEO
Razvojni center IKTS Žalec (Slovenia)

09.00-09.05 Welcome speech
Anja KOPAČ MRAK, Ph.D., Minister of Labour, Family, Social Affairs and Equal Opportunities of the Republic of Slovenia

09.05-09.10 Welcome speech
Milojka KOLAR CELARC, Minister of Health of the Republic of Slovenia

09.10-09.15 Welcome speech
Janet VERMEYLEN, Ph.D., Research Manager
European Foundation for Improvement of Living and Working Conditions (EU)

09.15-09.10 Discussion

09.10-09.15 Discussion

09.15-09.40 Demographic Changes: Challenges in the Field of Safety and Health Management in Slovenia
Prof. Aleksandra KANJUO MRČELA, Ph.D.
University of Ljubljana, Faculty of Social Sciences (Slovenia)

09.40-10.05 New Policies on Performance Improvement and the Ageing Workforce: Challenges for (Re)shaping Future Workplaces
Assist. Prof. Toni PUSTOVRH, Ph.D.
University of Ljubljana, Faculty of Social Sciences (Slovenia)

10.00-10.15 Break

10.15-10.40 Sustainable work throughout the life course: National policies and strategies
Greet VERMEYLEN, Ph.D., Research Manager
European Foundation for Improvement of Living and Working Conditions (EU)

10.40-11.00 Discussion

11.00-11.25 Biological Aspects of Ageing
Nathan LeBRASSEUR, M.S., Ph.D.
Mayo Clinic, Rochester, Minnesota (USA)

11.25-11.50 Healthy Ageing Through Optimal Neurocognitive Development
Victor L. KALLEN, Ph.D.
Earth, Life & Social Sciences, TNO (The Netherlands)

11.50-12.15 Chronic Diseases and Work Environment
Iztok ŠTOTL, M.D., Ph.D.
Ljubljana University Medical Centre – Clinical Department of Endocrinology, Diabetes and Metabolic Diseases (Slovenia)

12.15-12.40 Return to Work after a Prolonged Sick Leave
Teja BANDEL CASTRO, M.S.
University Rehabilitation Institute, Ljubljana (Slovenia)

12.40-13.00 Lunch

13.00-14.00 Workplace Diversity and Risk Assessment: The Inclusion of All Workers
Nikolaj PETRIŠIČ, MSc, Head of the Occupational Safety and Health Department, Ministry of Labour, Family, Social Affairs and Equal Opportunities of the Republic of Slovenia (Slovenia)

14.00-14.25 E-Guide “Healthy Workplaces for All Ages”
Katalin SAS, Project Manager
European Agency for Safety and Health at Work (EU)

14.25-14.50 An Example of Good Practice: Dealing with an Ageing Workforce and Intergenerational Solidarity at Steiermärkische Sparkasse
Maria WONISCH, MBA
Steiermärkische Sparkasse (Austria)

14.50-15.15 An Example of Good Practice: Program for Age Management – Developed and Implemented at Berner Ltd.
Heli RISSANEN, HR Manager
Berner Ltd. (Finland)

15.15-15.30 Break

15.30-15.45 Discussion

15.45-16.00 5th Session: Examples of Good Practice

16.00-16.25 European Healthy Workplaces Campaign 2016–2017: HEALTHY WORKPLACES FOR ALL AGES

16.25-17.00 Conclusions
Dr Andraž RANGUS, Director-General
Ministry of Labour, Family, Social Affairs and Equal Opportunities of the Republic of Slovenia

17.00-17.15 Discussion

17.15-17.30 Closing Remarks of the First Day

17.30-17.45 Break
WORKPLACE HEALTH PROMOTION
Tuesday, 19 April 2016

1.00–1.30 1st Session: Healthy Lifestyle

Dr. Robert SCALES, Director, Cardiac Rehabilitation and Wellness
Mayo Clinic, Scottsdale, Arizona (USA)

Beth RILEY, MBA, Director, Dan Abraham Healthy Living Center
Mayo Clinic, Rochester, Minnesota (USA)

1.30–2.00 Discussion

2.00–2.25 2nd Session: Workplace Health Promotion

Prof. Dr. Bruce D. JOHNSON, Head of Human Integrative and Environmental Psychology Laboratory, Mayo Clinic, Rochester, Minnesota (USA)

Vojko STROJNIK, Ph.D., Head of the Laboratory for Kinesiology, at University of Ljubljana, Faculty of Sports (Slovenia)

Beyond Physical Fitness: Development of a Wellness Program for the Mayo Clinic Emeriti Staff
Prof. Dr Stanimir Vuk PAVLOVIĆ, M.D., Professor Emeritus, Mayo Clinic College of Medicine, Rochester, Minnesota (USA)

2.25–2.50 Stress Management

Matej TUŠAK, Ph.D., University of Ljubljana, Faculty of Sports (Slovenia)

Exercise and Wellness: A 12 Week Program that changes lives
Brent FRUEH, Managing Director, Rochester Athletic Club, Rochester, Minnesota (USA)

2.50–3.15 Conclusions

Samo FAKIN, M.D. Director General, Health Insurance Institute of Slovenia (Slovenia)

Prof. Dr Alojz IHAN, M.D., University of Ljubljana, Faculty of Medicine (Slovenia)

Prof. Dr Bruce D. JOHNSON, Head of Human Integrative and Environmental Psychology Laboratory, Mayo Clinic, Rochester, Minnesota (USA)

Pranjal SHARMA (India)

4th Session: Examples of Good Practice

16.00–16.55 Effects and Application Approach of the 24alife Fitness Tool at the Sportska Akademija Kočović
Marko KOČOVIĆ, Sportska Akademija Kočović, Beograd (Serbia)

Effects and Application Approach of the 24alife Corporate Tool for Workplace Health Promotion at NIS GAZPROM NEFT AD Novi Sad
Nenad RADIVOJEVIĆ, NIS GAZPROM NEFT AD Novi Sad (Serbia)

Effects and Application Approach of the 24alife Health Package at the Health Insurance Institute of Slovenia
Samo FAKIN, M.D., Director General, Health Insurance Institute of Slovenia (Slovenia)

Health Effects of the 90-day 24alife Health Package at the Company Mikropis
Prof. Dr Alojz IHAN, M.D., University of Ljubljana, Faculty of Medicine (Slovenia)

Introducing Occupational Health Projects in Organizations. How to reach sustainable results?
Barbara LECHNER, proFIT, Graz (Austria)

Closing Remarks of the Second Day

17.30–17.45

17.45–18.00

Conclusions

Samo FAKIN, M.D. Director General, Health Insurance Institute of Slovenia (Slovenia)

Prof. Dr Bruce D. JOHNSON, Head of Human Integrative and Environmental Psychology Laboratory, Mayo Clinic, Rochester, Minnesota (USA)