

*7th International
Healthy Lifestyle Symposium*

Rubik Cube of Workplace Health Promotion. How to assemble it?

*Domus Medica, Ljubljana,
14th and 15th May, 2018*

This invite is intended to all human resource experts, health promoters, those responsible for workplace health promotion programs and those who are interested in this particular field. The invite is also intended to experts, who are responsible for individuals' well-being.

Monday, 14th May 2017

08.30–09.00  Registration

09.00–09.30 **Welcome speech**

*Janez UPLAZNIK, CEO and owner
Mikropis Holding*

Welcome speech

*Peter Pogačar
Ministry for labor, family, social affairs and
equal opportunities, Republic of Slovenia*

Welcome speech

*Joyce EVEN, podpredsednica,
Mayo Clinic GBS, ZDA*

Welcome speech

*H.E. Brent R. Hartley
U.S. Embassy in Slovenia*

Welcome speech

*Dr. Zdenka ČEBAŠEK TRAVNIK, president,
Medical Chamber of Slovenia, Slovenia*

1. session: Aspects of well-being. What impact our health and happiness.:

09.30–10.15 **The Many Faces of Well-being.
Solving the Rubik Cube of Health**

*prof. dr. Kerry Olsen,
Mayo Clinic, USA*

10.15–10.35 **More than workplace health promotion.
Building a culture of health and happiness
in organizations**

*Eva KOVAČ,
24alife, Slovenia*

10.35–10.50  Discussion

10.50–11.20  Coffe break

2. session: Preventing illness and diseases :

11.20–11.40 **Physical Exercise in
Cardiovascular Health**

*Dr. Regis Fernandes,
Mayo Clinic, USA*

11.40–12.00 **Balancing technology with the human
touch to promote Exercise is Medicine:
Lessons learned from Mayo Clinic**

*Dr. Robert SCALES,
Mayo Clinic, ZDA*

12.00–12.20 **Role of miRNAs and nutrition in the
pathogenesis and susceptibility of
diabetes mellitus**

*prof. dr. Alojz Ihan
Medical Faculty, University of Ljubljana, Slovenia*

12.20–12.40 **Exosomes: New Biomarkers in Stem Cell
Biology and Disease**

*Dr. Željko Bosnjak,
Medical College of Wisconsin, USA*

12.40–12.55  Discussion

12.55–13.25  Coffe break

3. session: Improving the human condition :

13.25–13.45 **Resolution of the national program on
safety and health at work**

*Nikolaj PETRIŠIČ,
Ministry for labor, family, social affairs and equal
opportunities, Republic of Slovenia, Slovenia*

13.45–14.05 **Fighting stress and anxiety.
Neuropsychological aspect of resilience.**

*Karmen RESNIK ROBIDA,
URI-Soča, Slovenia*

14.05–14.25 **Physical fitness in police workforce:
issues and solutions**

*Filip KUKIČ, Abu Dhabi Police,
UAE*

14.25–14.45 **Association between exposure to
surgery and development of permanent
cognitive impairment**

*Dr. Juraj SPRUNG,
Mayo Clinic, ZDA*

14.45–15.00  Discussion

15.00  Sweepstake

Tuesday, 15th May 2018

08.30–09.00  Registration

1. session: Building a well-being strategy

09.00–09.45 **The Mayo Clinic Healthy Living Program and Individualizing Wellness**

*Dr. Donald HENSRUD,
Mayo Clinic, USA*

2. session: Facing the challenges. How to build a well-being program

9.50–10.10 **Health & Well-Being: Mikropis and Mayo Clinic Team Up for a Successful Model**

*Joyce A. EVEN
Mayo Clinic GBS, USA*

10.10–10.30 **The legal basis of WHP. How to be in a line with a legislations and benefit of it.**

*Borut Brezovar,
former Republic Inspector for Work, Slovenia*

10.30–10.50 **Best practice in Leadership and Teamwork within a highly demanding role.**

*Tautala SHULTZ,
Safety in a Box, Australia*

10.50–11.05  Discussion

11.05–11.35  Coffe break

3. session: Training the future employee

11.35–11.55 **Human potential management: time to move beyond the concept of human resource management.**

*Prof. dr. Matej Tušak,
Faculty of Sports, University of Ljubljana, Slovenia*

11.55–12.15 **Corporate Happiness Presentation**

*Ghanim AL FALASI,
Dubai Silicon Oasis Authority, Dubai*

12.15–12.35 **Conquer Yourself.**

*Kush KAPOOR,
Roseate Hotels and Resorts, India*

12.35–12.55 **Incorporating Blockchain technology into healthcare solutions.**

*Prof. dr. Muhamed Turkanović
FERI, University of Maribor*

12.55–13.10  Discussion

13.10–13.40  Coffe break

4. session: Active tomorrow

13.40–14.00 **Sitting workplace: ergonom, relieving, training.**

*Prof. dr. Vojko Strojnik
Faculty of Sports, University of Ljubljana, Slovenia*

14.00–14.20 **Physical abilities among police officers**

dr. Nenad KOROPANOVSKI, Kriminalističko - policijska akademija Srbija, Serbia

14.20–14.40 **Human stem cell model to study developmental neurotoxicity**

*Sarah LOGAN
Medical College of Wisconsin, USA*

14.40–14.55  Discussion

Conclusions: How to assemble the Rubik Cube.

15.00–15.45 **How to assemble the Rubik Cube?**

Eva KOVAČ, 24alife, Slovenia

Dr. Kerry OLSEN – Mayo Clinic, USA

Dr. Donald HENSRUD – Mayo Clinic, USA

*Borut Brezovar,
former Republic Inspector for Work, Slovenia*

15.45  Grand sweepstake

16.00 **Closing HLS 2018**

*Janez Uplaznik,
Mikropis, Slovenia*

HLS Committee:

Janez Uplaznik, 24alife | Maja Uplaznik Pantar, 24alife |
Eva Kovač, 24alife | Prof. dr. Kerry Olsen, Mayo Clinic |
Dr. Juraj Sprung, Mayo Clinic | Prof. dr. Alojz Ihan, Medical
Faculty, University of Ljubljana, Slovenia | Prof. dr. Matej
Tušak, Faculty of Sports, University of Ljubljana, Slovenia |
Prof. dr. Vojko Strojnik, Faculty of Sports, University of
Ljubljana, Slovenia

Translations

*The symposium will be held in Slovenian and English language.
Simultaneous interpretation will be provided.*

Registration fee

Free of charge, limited seats, registration is mandatory.

Confirmation and expert points

Slight changes in the program may occur.

