Program: Monday, May 13th, 2019

08.30–09.00  Registration

09.00–09.20  Welcome speech
Zdenka Čebašek Travnik, ZZS, Slovenia
Janez Uplaznik, Mikropis Holding, Slovenia
Aleš Sabeder, Minister for Health, Slovenia

Key notes: The Many Faces of Wellness

09.20–10.05  Sitting, Sleeping, Sugar, Stress and Social Isolation
Kerry Olsen, Mayo Clinic, USA

10.05–10.50  Mayo Clinic Diet
Donald Hensrud, Mayo Clinic, USA

10.50–11.10  Coffee break

1. Session: The Unrecognized Effects of Stress and Loneliness
11.10–11.30  Psychosocial Risks – The Situation in The Labor Market
Borut Brezovar, former head of Labor Inspectorate of the Republic of Slovenia, Slovenia

11.30–11.50  The Importance of an Active Approach to Health in Terms of Changing Company’s Organizational Culture
Matej Tušak, Faculty of Sports, University of Ljubljana, Slovenia

11.50–12.10  What Can Government Health Promotion Programs Do in Working Environments, in The Public and Private Sector?
Mojca Gobec, Ministry of Health, Slovenia

12.10–12.30  Best Practices: The power of Non-governmental Organizations
Kristina Modic, Slovenian Lymphoma and Leukemia Patient Association, Slovenia

12.30–13.20  Lunch

2. Session: Impact of Sleep on Productivity and Safety
13.20–13.50  Sleep Management
R. Robert Auger, Mayo Clinic Center for Sleep Medicine, USA

Zvezdan Pirtošek, Neurology clinic, UKC, Medical Faculty, University of Ljubljana, Slovenia

Vesna Pekarovič. Džakulin, Diagnostic center Šentjur, Slovenia

3. Session: Get Up and Move More at Work and at Home
14.30–14.50  The Impact of Aerobic Exercise on The Brain and their Ability
Lina Savšek, General Hospital Celje, Slovenia

14.50–15.10  Where is Stress and What is the Scope of Prevention?
Radivoje Pribaković Brinovec, NIJZ, Slovenia

15.10–15.30  Best Practices: Implementation of Sport Activities in Workplace Health Promotion. What Have We Learned?
Matevž Klevež, 24alife, Slovenia

15.30–15.55  Talk: Encourage People to Leave Traces. From Happy Book, Intergenerational Cooperation to Talking Cat.
Žiga Vavpotič, founder of Simbioza, writer, former Chairman Outfit7 (Talking Tom) & Eva Kovač, 24alife, Slovenia

15.55–16.00  Sweepstake
Program: Tuesday, May 14th, 2019

08.30–09.00  📅 Registration

1. Session: The Challenge of Optimizing Recovery After Illness
09.00-09.30  Demonstrating the Integration of Technology Into Physical Medicine and Rehabilitation  
Robert Scales, Mayo Clinic, USA

09.30-09.50  The Scope and Costs of Preventive and Rehabilitation Programs of The Health Insurance Institute of Slovenia  
Marjan Sušelj, Health Insurance Institute of Slovenia, Slovenia

09.50-10.10  Acute Rehabilitation in Slovenia  
Nataša Kos, UKC, Slovenian Association for Physical and Rehabilitation Medicine, Slovenia

10.10-10.30  The Future of Rehabilitation Medicine  
Klemen Grabljevec, URI Soča, Slovenian Association for Physical and Rehabilitation Medicine, Slovenia

10.30-10.50  ☕ Coffee break

2. Session: Blending Health and Health Care
10.50-11.10  Preventive Program of Integrated Prevention of Chronic Diseases in The Health Promotion Center Celje  
Jana Govc Eržen, Center for health promotion Celje, Slovenia

11.10-11.30  Physicians’ Health. How Do Doctors Care About Doctors’ Health?  
Zdenka Čebašek Travnik, ZZS, Slovenia

11.30-11.50  Trends in Health Tourism  
Iztok Altbauer, Slovenian Natural Spas, Slovenia

11.50-12.10  Chinese Trends in Healthcare and Insurance  
Luo Xiaobin (Ken), More Health, China

Matevž Klevže, 24alife, Slovenia

12.30-13.30  🍽 Lunch

3. Session: Live Long and Prosper
13.30-14.00  Creating an Optimal Senior Living Environment  
Tony Enquist, Mayo Clinic, Charter House, USA

14.00-14.20  A Scientific Communication Approach in Primary Prevention of Brain Disorders  
Maja Bresjanac, Medical Faculty University of Ljubljana, Slovenia

14.20-14.40  How Do Preventative Programs Affect the Immune System for Less Diseases in Mature Years?  
Alojz Ihan, Medical Faculty University of Ljubljana, Slovenia

14.40-15.00  Physical Activity and Longevity  
Vojko Strojnik, Faculty of Sports, University of Ljubljana, Slovenia

Round Table: Effective Approaches for Organizing a Healthy Life
15.00-15.45  Eva Kovač, 24alife, Slovenia  
Simona Šolinič, Media house Novi Teknik and Radio Celje, Slovenia  
Romina Velušček, Nursing home Nova Gorica - Podsabotin, Slovenia  
Aljaž Godec, Biologic Technical Development Mengeš, Lek d.d., Slovenia

15.45-16.00  🎉 Sweepstake