



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 Šabeder, 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

13.50–14.10 **Sleep. Health. Illness.**
Zvezdan Pirtošek, Neurology clinic, UKC, Medical Faculty, University of Ljubljana, Slovenia


14.10–14.30 **Sleep, Productivity, Safety. Occupational and Family Medicine Point of View.**
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 Klevže, 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

12.10-12.30 **Best Practices: Implementation of Sport Activities in Workplace Health Promotion.**
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 Tednik 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

