



CRAFT, SCIENCE & ART OF LIFESTYLE MEDICINE

3RD INTERNATIONAL LIFESTYLE MEDICINE CONGRESS

PRELIMINARY CONGRESS SCHEDULE

11.TH - 13.TH APRIL 2025.
SCHOOL OF MEDICINE
UNIVERSITY OF SPLIT

PRELIMINARY CONGRESS SCHEDULE

A m p h i t e a t r e	REGISTRATION	16:00-17:00
	OPENING CEREMONY	17:00
	STRESS AND CARDIOVASCULAR HEALTH <i>Davor Miličić</i>	17:20
	LOW GRADE INFLAMMATION AND LIFESTYLE <i>Stjepan Gamulin</i>	17:40
	BUILDING HEALTHIER LIVES: THE POWER OF COLLABORATION IN HEALTH PROMOTION <i>Sanja Musić Milanović</i>	18:00
	THE HEART AND SOUL OF BEHAVIOUR CHANGE <i>Simon Matthews</i>	18:20
	ACTIVE BREAK	18:40
	ROUND TABLE	18:45
	WELCOME DRINK	19:15

PRELIMINARY CONGRESS SCHEDULE

SECTION- OBESITY AND METABOLIC HEALTH

PHYSICAL ACTIVITY AS THERAPY FOR DIABETES TYPE II. 09:00

Barbara Gilić

PANEL DISCUSSION - NUTRITIONIST, KINESIOLOGIST, PHARMACOLOGIST 09:15

HOW SHOULD WE DEFINE OBESITY? 09:45

Anela Novak, Ivana Kraljević

**PANEL DISCUSSION - MEDICAL DOCTOR, KINESIOLOGIST, NUTRITIONIST,
PSYCHOLOGIST** 10:00

ACTIVE BREAK 10:30

WORLD CAFE WORKSHOPS 10:35

(Diabetes, Women`s health, IBS, Bone health, Healthy healthcare workers, Healthy children)

COFFEE BREAK 11:35

SECTION- SUSTAINABLE HEALTH

NUTRITION AS A PREDICTOR OF HEALTHY LONGEVITY 12:00

Sebastijan Orlić

PANEL DISCUSSION - KINESIOLOGIST, NUTRITIONIST 12:15

SUSTAINIBILITY 12:45

Hellas Cena

PANEL DISCUSSION - MEDICAL DOCTORS, PSYCHOLOGIST 13:00

DAMASALIS CONSULT- SUPPLEMENTATION LECTURE 13:30

LUNCH BREAK 13:45

PRELIMINARY CONGRESS SCHEDULE

SECTION- CARDIOVASCULAR HEALTH**CARDIOLOGY AND LIFESTYLE MEDICINE****14:30***Daniel Sliz***PANEL DISCUSSION - CARDIOLOGIST, KINESIOLOGIST, NUTRITIONIST****14:45****NUTRITIONAL REVERSAL OF CARDIOVASCULAR DISEASES****15:15***Mladen Golubić***PANEL DISCUSSION - MEDICAL DOCTOR, PSYCHOLOGIST, NUTRITIONIST****15:30****ACTIVE BREAK****16:00****PHARMATEKA CONSULT-SUPPLEMENTATION LECTURE****16:05****ACTIVE WORKSHOPS****16:20***(Dance class, Cooking class, Mindfulness, Olive oil workshop, Pilates, Mindfulness...)***GALA DINNER (RESTAURANT KAMPUS)****20:30**

PRELIMINARY CONGRESS SCHEDULE

SECTION- MENTAL HEALTH

GUT-BRAIN AXIS	10:30
<i>Jelena Helene Cvejić</i>	
PANEL DISCUSSION - MEDICAL DOCTOR, PSYCHOLOGIST, NUTRITIONIST	10:45
MELATONIN IS NOT ONLY CHRONOBIOTIC	11:15
<i>Josip Čulig</i>	
PANEL DISCUSSION - MEDICAL DOCTORS, PHARMACOLOGIST	11:30

ACTIVE WORKSHOPS	12:00
COFFEE BREAK	13:00

SECTION- WOMEN`S HEALTH

LIFESTYLE MEDICINE AND WOMEN'S HEALTH	13:30
<i>Ifeome Konye</i>	
PANEL DISCUSSION - MEDICAL DOCTOR, NUTRITIONIST, PSYCHOLOGIST	13:45
ACTIVE BREAK	14:15
REDIFINING MENOPAUSE	14:20
<i>Jelena Marušić</i>	
PANEL DISCUSSION - MEDICAL DOCTOR, KINESIOLOGIST, PHARMACIST	14:35

CLOSING CEREMONY	15:05
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LUNCH	15:15
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PRELIMINARY CONGRESS SCHEDULE

WORLD CAFE WORKSHOPS

SATURDAY

10:35

TYPE II DIABETES
WOMEN'S HEALTH
BONE HEALTH
INFLAMMATORY BOWEL DISEASE
DEPRESSION
HYPERTENSION
HEALTHY CHILDREN
HEALTHY HEALTHCARE WORKERS

ACTIVE WORKSHOPS

SATURDAY

16:20

FOOD AS MEDICINE: DELICIOUS TRANSFORMATION
NUTRITION FOR LONGEVITY - FROM 25 TO 85
PILATES FOR EVERY DAY SUBOTA
MINDFULNESS: HOW TO BE PRESENT?
SING ALONG (SINGING CLASS)
NEW TECHNOLOGIES IN LIFESTYLE MEDICINE
LIQUID GREEN GOLD - HOW GOOD IS THE OLIVE OIL?
VETERANS CENTER - LIFESTYLE IN PRACTICE

SUNDAY

12:00

DANCE CLASS: FEEL THE RHYTHM
FOOD AS MEDICINE: DELICIOUS TRANSFORMATION
NUTRITION FOR LONGEVITY - FROM 25 TO 85
ART THERAPY
MINDFULNESS: HOW TO BE PRESENT?
SING ALONG (SINGING CLASS)
NEW TECHNOLOGIES IN LIFESTYLE MEDICINE
LIQUID GREEN GOLD - HOW GOOD IS THE OLIVE OIL?