One Size Fits No One: A Program to Reach the Most Austria Trend Hotel, Ljubljana

April 10-11, 2017



24alife





Welcome Speech

09.20-09.40

09.40-10.00

10.00-10.20

10.20-10.40

09.00-09.20

Janez UPLAZNIK, CEO

Introductory Speech Amhassador Brent R HARTI FY

Introductory Speech

Introductory Speech

Ms. Eva KOVAČ 24alife, Slovenia

Mr. Ghanim AL FALASI

Discussion

Moderator: Mr. Pranjal SHARMA

U.S. Ambassador to Republic of Slovenia

Medical Chamber of Slovenia

Ms. Zdenka ČEBAŠEK-TRAVNIK, M.D., President

Development Centre IKTS Žalec (Slovenia)

Ministry of Labor, Family, Social Affairs and Equal Opportunities of the Republic of Slovenia

Part 1: What is Working and What Is Not?:....

12 for Health and Mayo Clinic, Minnesota, USA

Mr. Peter POGAČAR, State Secretary

Why One Size Doesn't Fit All - A Corporate and **Personal Wellness Reality** Professor Kerry OLSEN, M.D.

Workplace Health Promotion - A Program to Reach the Most

Approach to Happiness

Dubai Silicon Oasis, Dubai, United Arab Emirates

A Different Look (12 Habits of Highly Healthy People) Professor Kerry OLSEN, M.D. 12 for Health and Mayo Clinic, Minnesota, USA

Break

Advisory Board, PACI & CEO of 24alife India, India

11.30-11.50 **Health Apps: None for all** Professor Alojz IHAN, M.D., Ph.D.

> Professor Vojko STROJNIK, Ph.D. University of Ljubljana, Faculty of Sports, Slovenia

University of Ljubljana, Faculty of Arts, Slovenia

University of Ljubljana, Medical Faculty, Slovenia

Part 3: Workplace Health Promotion Programs in Slovenia, EU, US ::::::::::

Workplace Health Promotion - Mandatory under

Former Chief Labor Inspector of the RS, Slovenia

13.40-14.00 **Employee Development with Workplace Health Promotion** Professor Paul JIMENEZ, Ph.D. University of Graz, Austria

How Sweet to Quit! Let Emeriti Stay Fit

14.30-15.30 **X** Lunch

Advisory Board, PACI & CEO of 24alife India, India Mr. Ghanim AL FALASI

Mr. Borut BREZOVAR Former Chief Labour Inspector of the RS, Slovenia

Ms. Kaisa WIENEKE

Health Promotion Programs Moderator: Mr. Pranjal SHARMA

G. Vasja BUTINA Former Director of Administration at the City of Ljubljana

Round Table: Challenges and Experiences of Workplace

Dan Abraham Healthy Living Center, Mayo Clinic,

10.40-10.50 10.50-11.10 Part 2: Employee Well-being Issues:....

12.10-12.30

12.30-12.40

13.00-13.20

14.00-14.20

14.20-14.30

15.30-16.30

Translation

11.10-11.30 Cardiovascular Health: Why is it so important and how can we achieve it? Professor Francisco LOPEZ – JIMENEZ, M.D. Mayo Clinic, Minnesota, USA

Sitting Disease 11.50-12.10

> Depression and Loneliness in the Workplace Professor Robert MASTEN, Ph.D.

Break 12.40-13.00

> Slovenian regulations Mr. Borut BREZOVAR

Discussion

13.20-13.40 **Practices and Challenges at Novem** Mr. Matjaž OMLADIČ Novem, Slovenia

Professor Stanimir VUK-PAVLOVIĆ, Ph. D. Mayo Clinic, Minnesota, USA

Discussion

Day 1 Conclusion

Dubai Silicon Oasis, Dubai, United Arab Emirates

Minnesota, USA

Simultaneous translation will be provided.



Tuesday, April 11, 2017

Registration 08.30-09.00

09.00-09.20 Reshape your Corporate Wellness Strategy &

Ignite the Employee Experience

Ms. Beth RILEY Dan Abraham Healthy Living Center, Mayo Clinic, Minnesota, USA

Building a Wellness Champion Program to Meet 09.20-09.40 **Organizational and Individual Needs**

Ms. Kaisa WIENEKE

Part 1: How to Reach the Most?

Dan Abraham Healthy Living Center, Mayo Clinic, Minnesota, USA

Health is Not Merely the Absence of Disease. Preventive health programs and anti-stress programs go hand in hand

Ms. Lidija POHAR, M.D.

Diagnostic Center Bled, Slovenia

10.00-10.20 A Glimpse into Successful Corporate Wellness Programs

Mr. Sanjay GROVER AIMA, India

10.20-10.30 Discussion

10.30-10.50 **Break**

09.40-10.00

11 10-11 30

11.50-12.00

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10.50-11.10 Why Wrestle When You Can Dance?:

Part 2: Making a Lasting Difference

Motivational interviewing to promote a healthful lifestyle Professor Robert SCALES, Ph.D.

Mayo Clinic, Minnesota, USA

How to Motivate Employees to Make Lifestyle Changes Professor Matej TUŠAK, Ph.D.

University of Ljubljana, Faculty of Sports, Slovenia

11.30-11.50 **Delivering Health Through Fitness Centers-**What is working and what is not

> Ms. Tania OULATAR Basic-Fit, Belgium

Discussion

12.00-12.20 **Break**

Part 3: Employee Well-being of the Future:....

12.20-12.40 **Future Directions in Healthcare:** Stem cells and precision medicine

> Professor Željko J. BOŠNJAK, Ph.D. Medical College of Wisconsin, USA

12.40-13.00 **Progress in Biomarker-Based Ambulatory Stress Monitoring** Victor KALLEN, Ph.D.

TNO, The Netherlands

Hindustan Times, India

Discussion

13.00-13.20 **Optimizing Work Performance Without Burnout** Ms. Sanchita SHARMA

13.30-14.30 Lunch

Day 2 Conclusion

13.20-13.30

14.30-15.30

Promotion Program to Reach the Most? Professor Paul JIMENEZ, Ph.D.

University of Graz, Austria

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

Ms. Eva KOVAČ 24alife, Slovenia

Workshop: How to Create a Workplace Health