



One Size Fits No One: A Program to Reach the Most

Austria Trend Hotel, Ljubljana

April 10-11, 2017



Organised by 24alife and Medical Chamber of Slovenia



One Size Fits No One: A Program to Reach the Most

Monday, April 10, 2017

08.30-09.00

Registration

09.00-09.20

Welcome Speech

*Janez UPLAZNIK, CEO
Development Centre IKTS Žalec (Slovenia)*

Introductory Speech

*Ambassador Brent R. HARTLEY
U.S. Ambassador to Republic of Slovenia*

Introductory Speech

*Ms. Zdenka ČEBAŠEK-TRAVNIK, M.D., President
Medical Chamber of Slovenia*

Introductory Speech

*Mr. Peter POGAČAR, State Secretary
Ministry of Labor, Family, Social Affairs and Equal Opportunities
of the Republic of Slovenia*

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

09.20-09.40

Why One Size Doesn't Fit All - A Corporate and Personal Wellness Reality

*Professor Kerry OLSEN, M.D.
12 for Health and Mayo Clinic, Minnesota, USA*

09.40-10.00

Workplace Health Promotion - A Program to Reach the Most

*Ms. Eva KOVAČ
24alife, Slovenia*

10.00-10.20

Approach to Happiness

*Mr. Ghanim AL FALASI
Dubai Silicon Oasis, Dubai, United Arab Emirates*

10.20-10.40

A Different Look (12 Habits of Highly Healthy People)

*Professor Kerry OLSEN, M.D.
12 for Health and Mayo Clinic, Minnesota, USA*

10.40-10.50

Discussion

*Moderator: Mr. Pranjal SHARMA
Advisory Board, PACI & CEO of 24alife India, India*

10.50-11.10

Break

2 Part 2: Employee Well-being Issues ::::::::::::::::::::

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*

11.30-11.50

Health Apps: None for all

*Professor Alojz IHAN, M.D., Ph.D.
University of Ljubljana, Medical Faculty, Slovenia*

11.50-12.10

Sitting Disease

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

12.10-12.30

Depression and Loneliness in the Workplace

*Professor Robert MASTEN, Ph.D.
University of Ljubljana, Faculty of Arts, Slovenia*

12.30-12.40

Discussion

12.40-13.00

Break

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

13.00-13.20

Workplace Health Promotion - Mandatory under Slovenian regulations

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

13.20-13.40

Practices and Challenges at Novem

*Mr. Matjaž OMLADIČ
Novem, Slovenia*

13.40-14.00

Employee Development with Workplace Health Promotion

*Professor Paul JIMENEZ, Ph.D.
University of Graz, Austria*

14.00-14.20

How Sweet to Quit! Let Emeriti Stay Fit

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

14.20-14.30

Discussion

14.30-15.30

Lunch

Day 1 Conclusion

15.30-16.30

Round Table: Challenges and Experiences of Workplace Health Promotion Programs

Moderator: *Mr. Pranjal SHARMA
Advisory Board, PACI & CEO of 24alife India, India*

*Mr. Ghanim AL FALASI
Dubai Silicon Oasis, Dubai, United Arab Emirates*

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

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

*Ms. Kaisa WIENEKE
Dan Abraham Healthy Living Center, Mayo Clinic,
Minnesota, USA*

Translation
The symposium will be held in Slovenian and English.
Simultaneous translation will be provided.

Note
Slight changes in the program may occur.



