



II Hygieia CONFERENCE

Save the date!

4th December
2026

Program

9:30- Opening session

Session 1 - Wellbeing in the Workplace

10:00 - From Rumination to Resilience: Understanding Well-Being Across People and Contexts Gerly Tamm (Tallinn University, Estonia)

10:30 - Cathy Jensens (Vives University, Belgium)

11:00 - Coffee-break

11:30 - Round Table

- Chair: Rui Gaspar (Univ. Lusófona, Portugal)

Emerging risks in:

- Cosmetics (Nebojša Cekić, DCP Hemigal Leskovac, Serbia)
- Food Supplements (Aleksandra Miric, Pharmanova, Serbia)
- Digital Tools (Tomas Folens, Vives University, Belgium)

12:30- Lunch break

Session 2 - Contributions of Arts and Culture to Health and Wellbeing

14:00- Lecture 3- Aser Garcia Rada - Can Art Save Our Lives? (MD-PhD, Freelance Health Journalist, Spain)

14:30 - Improvisation in Oncology Music Therapy: Finding Voice Beyond Illness, Diana Canguero (Mentara, Portugal)

Session 3 - Nutrition trends and recommendations around the Globe

15:00 - R&D in dairy functional beverages: Lactalis Puleva experience - Federico Lara Villoslada (R&D Director in Puleva-Lactalis, Spain)

15:30- Recent regulatory changes - TBC

16:00 - Closing session



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Funded by
the European Union