

Designing the Good Life



14.4. Tuesday		15.4. Wednesday		16.4. Thursday		17.4. Friday	
8:00 - 10:00	Poster session 1.1. HIIM H1	8:00 - 10:00	Poster session 2.1. HIIM H1	8:00 - 10:00	Poster session 3.1. HIIM H1	8:00 - 10:00	Poster session 4.1. Pathology Seminar Hall
10:15 - 12:15	Poster session 1.2. HIIM H1	10:15 - 12:15	Poster session 2.2. HIIM H1	10:15 - 12:15	Poster session 3.2. HIIM H1	10:15 - 12:15	Poster session 4.2. Pathology Seminar Hall
15:00 - 15:30	Opening Ceremony Čačković Hall	12:30 - 14:00	Lunch Break	12:30 - 14:00	Lunch Break	12:30 - 14:00	Lunch Break
15:30 - 16:00	Lecture 1.1. Hidden Genetic Risk: What Your Genome Really Says About Your Future Health Prof. Oliver Vugrek, PhD Čačković Hall	14:00 - 14:30	Lecture 2.1. Sleep as the Foundation of a Calm Mind: What Happens in the Brain When We Sleep — and When We Don't Alen Juginović, MD Čačković Hall	14:00 - 14:30	Lecture 3.1. Nutrition in Newborns: Shaping Lifelong Health Assoc. Prof. Iva Hojsak, MD, PhD Čačković Hall	14:00 - 14:30	Lecture 4.1. Blue Zones and Beyond: What Makes Some Populations Live Longer Sebastijan Orlić, PhD, Sports Nutritionist Čačković Hall
16:00 - 16:30	Lecture 1.2. University surrounding as an risk factor for weight gain Asst. Prof. Maja Baretić, MD, PhD Čačković Hall	14:30 - 15:00	Lecture 2.2. Stress Is Normal — Coping Is a Skill: Psychological Tools for Daily Practice Mirta Fraisman Čobanov, MBA, MSc in Economics, Psychotherapist Čačković Hall	14:30 - 15:00	Lecture 3.2. Nutraceuticals and Anti-Aging: Can Food Really Slow Down Aging Prof. Darija Vranešić Bender, PhD, Clinical Nutritionist Čačković Hall	14:30 - 15:00	Lecture 4.2. Integrative Medicine: Bridging Evidence-Based Care and Holistic Health Katarina Babić, MD Čačković Hall
16:30 - 16:45	Coffee Break	15:00 - 15:15	Coffee Break	15:00 - 15:15	Coffee Break	15:00 - 15:15	Coffee Break
16:45 - 17:15	Lecture 1.3. Vitamin B12 in children in health and disease Asst. Prof. Danijela Petković Ramadža, MD, PhD Čačković Hall	15:15 - 15:45	Lecture 2.3. Interpretable Artificial Intelligence for Affective Disorders Asst. Prof. Nikolina Frid, PhD Čačković Hall	15:15 - 15:45	Lecture 3.3. The Future of Food: Designing Sustainable and Healthy Lives Prof. Anet Režek Jambrak, PhD Čačković Hall	15:15 - 15:45	Lecture 4.3. Beyond Medical Treatment: Social Work in Hospital Care Nina Prosinečki, MSW Čačković Hall
17:15 - 18:00	Panel discussion 1 The Stable Foundations Moderator: Asst. Prof. Anja Kafka, PhD, MSc in Biology Panelists: Oliver Vugrek Maja Baretić Danijela Petković Ramadža Čačković Hall	15:45 - 16:30	Panel discussion 2 The Calm Mind Moderator: Prof. Tina Dušek, MD, PhD Panelists: Nikolina Frid Mirta Fraisman Čobanov Jakša Vukojević, MD, PhD Čačković Hall	15:45 - 16:30	Panel discussion 3 The Right Fuel Moderator: Prof. Nadira Duraković, MD, PhD Panelists: Iva Hojsak Darija Vranešić Bender Anet Režek Jambrak Čačković Hall	15:45 - 16:30	Panel discussion 4 Human in Society Moderator: Asst. Prof. Dorja Vočanec, MD, PhD Panelists: Sebastijan Orlić Katarina Babić Nina Prosinečki Čačković Hall
18:00 - 20:00	Buffet Dinner	17:00 - 18:30	Workshop 1	17:00 - 18:30	Workshop 3	16:30 - 17:00	Closing Ceremony Čačković Hall
		18:30 - 20:00	Workshop 2	18:30 - 20:00	Workshop 4		
		20:30 - 23:00	Pub Quiz	21:00 - 02:00	Gala Dinner	23:00 - 5:00	MEF Spring Party