



REPUBLIC OF SLOVENIA
MINISTRY OF HEALTH



REPUBLIC OF SLOVENIA
MINISTRY OF LABOUR, FAMILY
SOCIAL AFFAIRS AND EQUAL OPPORTUNITIES



DEVELOPMENT CENTER
IKTS
ZALEC

Healthy workplaces for all ages

4TH INTERNATIONAL HEALTHY LIFESTYLE SYMPOSIUM
Domus Medica, Dunajska 162, Ljubljana

18–19 April 2016



Healthy Lifestyle
Symposium



HEALTHY WORKPLACES FOR ALL AGES

Monday, 18 April 2016

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DAY

08.30–09.00  **Registration**

09.00–09.05 **Welcome Speech**
*Janez UPLAZNIK, CEO
Razvojni center IKTS Žalec (Slovenia)*

09.05–09.10 **Welcome Speech**
*Anja KOPAC MRAK, Ph.D., Minister of Labour, Family, Social Affairs
and Equal Opportunities of the Republic of Slovenia*


09.10–09.15 **Welcome Speech**
*Milojka KOLAR CELARC,
Minister of Health of the Republic of Slovenia*

1st Session: Working Environments in the Future

09.15–09.40 **Demographic Changes: Challenges in the Field of Safety and Health Management in Slovenia**
*Prof. Aleksandra KANJUO MRČELA, Ph.D.
University of Ljubljana, Faculty of Social Sciences (Slovenia)*

09.40–10.05 **New Technologies, Performance Enhancement and the Ageing Workforce: Challenges for (Re)shaping Future Workplaces**
*Assist. Prof. Toni PUSTOVRH, Ph.D.
University of Ljubljana, Faculty of Social Sciences (Slovenia)*

10.05–10.30 **Sustainable work throughout the life course: National policies and strategies**
*Greet VERMEYLEN, Ph.D., Research Manager
European Foundation for Improvement of Living and Working Conditions (EU)*

10.30–10.45  **Discussion**

10.45–11.00  **Break**

2nd Session: Working Environment and Ageing

11.00–11.25 **Biological Aspects of Ageing**
*Nathan LeBRASSEUR, M.S., Ph.D.
Mayo Clinic, Rochester, Minnesota (USA)*

11.25–11.50 **Healthy Aging Through Optimal Neurocognitive Development**
*Victor L. KALLEN, Ph.D.
Earth, Life & Social Sciences, TNO (The Netherlands)*

11.50–12.15 **Chronic Diseases and Work Environment**
*Iztok ŠTOTL, M.D., Ph.D.
Ljubljana University Medical Centre – Clinical Department of
Endocrinology, Diabetes and Metabolic Diseases (Slovenia)*

12.15–12.40 **Return to Work after a Prolonged Sick Leave**
*Teja BANDEL CASTRO, M.S.
University Rehabilitation Institute, Ljubljana (Slovenia)*

12.40–13.00  **Discussion**


13.00–14.00  **Lunch**

3rd Session: Managing an Ageing Workforce and Intergenerational Solidarity

14.00–14.25 **Managing an Ageing Workforce: Implementing a Strategic Approach for Business Success**
*Assist. Prof. Simona ŠAROTAR ŽIŽEK, Ph.D.
University of Maribor, Faculty of Economics and Business (Slovenia)*

14.25–14.50 **Intergenerational Cooperation: A Challenge and an Opportunity for the Company**
*Živa VEINGERL ČIČ, M.S.
University of Maribor, Faculty of Economics and Business (Slovenia)*

14.50–15.15 **Workforce Diversity and Risk Assessment: The Inclusion of All Workers**
*Nikolaj PETRIŠIČ, MSc, Head of the Occupational Safety and Health
Department,
Ministry of Labour, Family, Social Affairs and Equal Opportunities
of the Republic of Slovenia (Slovenia)*

15.15–15.30  **Discussion**


15.30–15.45  **Break**

4th Session: Examples of Good Practice

15.45–16.10 **E-Guide "Healthy Workplaces for All Ages"**
*Katalin SAS, Project Manager
European Agency for Safety and Health at Work (EU)*

16.10–16.35 **An Example of Good Practice: Dealing with an Ageing Workforce and Intergenerational Solidarity at Steiermärkische Sparkasse**
*Maria WONISCH, MBA
Steiermärkische Sparkasse (Austria)*

16.35–17.00 **An Example of Good Practice: Program for Age Management – Developed and Implemented at Berner Ltd.**
*Heli RISSANEN, HR Manager
Berner Ltd. (Finland)*

17.00–17.15  **Discussion**

Closing Remarks of the First Day

17.15–17.30 **Conclusions**
*Dr Andraž RANGUS, Director-General
Ministry of Labour, Family, Social Affairs and
Equal Opportunities of the Republic of Slovenia*

European Healthy Workplaces Campaign 2016–2017:



**Healthy
Workplaces
for All Ages**





WORKPLACE HEALTH PROMOTION

Tuesday, 19 April 2016

08.30–09.00

 Registration

1st Session: Healthy Lifestyle

09.00–10.00

12 Habits of Highly Healthy People: A Flexible Web-Based Wellness Program by Mayo Clinic

Prof. Dr. Kerry OLSEN, M.D., Medical Director, Dan Abraham Healthy Living Center; Chair, Mayo Clinic Healthy Living Committee Mayo Clinic, Rochester, Minnesota (USA)

10.00–10.30

Redefining Healthcare: Disease Prevention, Lifestyle, Medicine & Wellness

Dr. Robert SCALES, Director, Cardiac Rehabilitation and Wellness Mayo Clinic, Scottsdale, Arizona (USA)

10.30–11.00

Health and Health Care Integration – A New Practical Model

Beth RILEY, MBA, Director, Dan Abraham Healthy Living Center Mayo Clinic, Rochester, Minnesota (USA)

11.00–11.15

 Discussion

11.15–11.30

 Break

2nd Session: Workplace Health Promotion

11.30–11.55

Workplace Health Promotion and Good Practice

Mojca GOBEC, M.D., Director– General, Ministry of Health of the Republic of Slovenia, Public Health Directorate (Slovenia)

11.55–12.20

Workplace Health Promotion and the Pilot Project 24alife-Corporate

Prof. Paul JIMÉNEZ, Ph.D. Karl-Franzens University, Department of Psychology (Graz, Austria)

12.20–12.45

Employee Motivation

Capt. Usha BANERJEE Apollo Hospitals (New Delhi, India)

12.45–13.00

 Discussion

13.00–14.00

 Lunch

3rd Session: The Importance of Physical Exercise in Stress Management and the Improvement of Wellbeing

14.00–14.25

Physical Activity Through Gadgets—Today and Tomorrow

Prof. Dr Bruce D. JOHNSON, Head of Human Integrative and Environmental Psychology Laboratory, Mayo Clinic, Rochester, Minnesota (USA)

14.25–14.50

Physical Activity for Back Pain Prevention

Prof. Vojko STROJNIK, Ph.D., Head of the Laboratory for Kinesiology, at University of Ljubljana, Faculty of Sports (Slovenia)

14.50–15.15

Beyond Physical Fitness: Development of a Wellness Program for the Mayo Clinic Emeriti Staff

Prof. Dr Stanimir Vuk PAVLOVIĆ, M.D., Professor Eméritus Mayo Clinic College of Medicine, Rochester, Minnesota (USA)

15.15–15.40

Stress Management

Prof. Matej TUŠAK, Ph.D. University of Ljubljana, Faculty of Sports (Slovenia)

15.40–16.05

Exercise and Wellness: A 12 Week Program that changes lives

Brent FRUEH, Managing Director Rochester Athletic Club, Rochester, Minnesota (USA)

16.05–16.20

 Discussion

16.20–16.35

 Break

4th Session: Examples of Good Practice

16.35–16.50

Effects and Application Approach of the 24alife-Fitness Tool at the Sportska Akademija Kočović

Marko KOČOVIĆ, Sportska Akademija Kočović, Beograd (Serbia)

16.50–17.05

Effects and Application Approach of the 24alife-Corporate TOOL for Workplace Health Promotion at NIS GAZPROM NEFT AD Novi Sad

Nenad RADIVOJEVIĆ, NIS GAZPROM NEFT AD Novi Sad (Serbia)

17.05–17.20

Effects and Application Approach of the 24alife Health Package at the Health Insurance Institute of Slovenia

Samo FAKIN, M.D. Director General Health Insurance Institute of Slovenia (Slovenia)

17.20–17.35

Health Effects of the 90-day 24alife Health Package at the Company Mikropis

Prof. Dr Alojz IHAN, M.D. University of Ljubljana, Faculty of Medicine (Slovenia)

17.35–17.50

Introducing Occupational Health Projects in Organizations. How to reach sustainable results?

Barbara LECHNER, proFIT, Graz (Austria)

Closing Remarks of the Second Day

17.50–18.00

Conclusions

Samo FAKIN, M.D. Director General Health Insurance Institute of Slovenia (Slovenia)

Prof. Dr Alojz IHAN, M.D. University of Ljubljana, Faculty of Medicine (Slovenia)

Prof. Dr Bruce D. JOHNSON, Head of Human Integrative and Environmental Psychology Laboratory, Mayo Clinic, Rochester, Minnesota (USA)

Pranjal SHARMA (India)