

11TH - 13TH APRIL 2025  
**SPLIT**

**Craft,  
science & art  
of lifestyle medicine**

**3RD INTERNATIONAL  
LIFESTYLE MEDICINE CONGRESS**

# About the congress

Croatian Lifestyle Medicine Association (CROLma) is organising its 3rd annual congress!

This international congress aims to connect professionals from Croatia and the world to share and educate on lifestyle medicine.

Our congresses are interdisciplinary, evidence-based, practical, and authentic, with lectures, panels and interactive workshops.

We invite you to spend three days with prominent lecturers and like-minded people to learn about lifestyle medicine and how to implement it in your daily practice.

# PRELIMINARY CONGRESS SCHEDULE

APRIL 11th 2025	
16:00-17:00	Registration
17:00	Opening ceremony
17:20	<b>Stress and cardiovascular health</b> <i>Davor Miličić</i>
17:40	<b>Low grade inflammation and Lifestyle</b> <i>Stjepan Gamulin</i>
18:00	<b>Building healthier lives: The power of collaboration in health promotion</b> <i>Sanja Musić Milanović</i>
18:20	<b>The heart and soul of behaviour change</b> <i>Simon Matthews</i>
18:40	<b>Active break</b>
18:45	<b>Round table</b>
19:15	<b>Welcome drink</b>

**APRIL 12th 2025**

**SECTION - OBESITY AND METABOLIC HEALTH**

09:00

**Physical activity as therapy for Diabetes type II**  
*Barbara Gilić*

09:15

**Panel discussion**  
*Nutritionist, kinesiologist, pharmacologist*

09:45

**How should we define obesity?**  
*Anela Novak, Ivana Kraljević*

10:00

**Panel discussion**  
*Medical doctor, kinesiologist, nutritionist, psychologist*

10:30

Active break

10:35

**World cafe workshops**  
*(Diabetes, Woman's health, Inflammatory Bowel Disease, Depression, Hypertension, Healthy Children, Healthy Healthcare Workers)*

11:35

Coffee break

**SECTION - SUSTAINABLE HEALTH**

12:00

**Nutrition as a predictor of healthy longevity**  
*Sebastijan Orlić*

12:15

**Panel discussion**  
*Kinesiologist, nutritionist*

12:45

**From Plate to Planet: The Role of Sustainable Diets in Global Health**  
*Hellas Cena*

## APRIL 12th 2025

13:00	<b>Panel discussion</b> <i>Medical doctors, psychologist</i>
13:30	<b>Damasalis consult - Supplementation lecture</b>
13:45	Lunch break
<b>SECTION - CARDIOVASCULAR HEALTH</b>	
14:30	<b>Lecture - Cardiology and Lifestyle medicine</b> <i>Daniel Sliz</i>
14:45	<b>Panel discussion</b>
15:15	<b>Nutritional reversal of cardiovascular diseases</b> <i>Mladen Golubić</i>
15:30	<b>Panel discussion</b> <i>Medical doctor, psychologist, nutritionist</i>
16:00	Active break
16:05	<b>Pharmateka consult - supplementation lecture</b>
16:20	<b>Active workshops</b> <i>(Dance class, Food and Medicine, Nutrition, Art Therapy, Pilates, Mindfulness, Sing along, New technologies in lifestyle medicine, Liquid green gold - olive oil)</i>
20:30	Gala dinner (restaurant kampus)

**APRIL 13th 2025**

**SECTION - MENTAL HEALTH**

10:30

**Gut-Brain Axis**

*Jelena Helene Cvejić*

10:45

**Panel discussion**

*Medical doctor, psychologist, nutritionist*

11:15

**Melatonin is not only chronobiotic**

*Josip Čulig*

11:30

**Panel discussion**

*Medical doctors, Pharmacologist*

12:00

**Active workshops**

*(Dance class, Food and Medicine, Nutrition, Art Therapy, Pilates, Mindfulness, Sing along, New technologies in lifestyle medicine, Liquid green gold - olive oil)*

13:00

Coffee break

**SECTION - WOMEN'S HEALTH**

13:30

**Beyond Pills & Prescriptions: How MyDREAMS™ Approach Can Transform Women's Health Across All Life Stages**

*Ifeoma Monye*

13:45

**Panel discussion**

*Medical doctor, nutritionist, psychologist*

14:20

**Redifining Menopause**

*Jelena Marušić*

14:30

**Panel discussion**

*Medical doctor, kinesiologist, pharmacist*

**APRIL 13th 2025**

15:05

Closing ceremony

15:15

Lunch

# Workshops

## **Active workshops**

Will be available on Saturday 12.4. and Sunday 13.4., you can choose a different workshop for each day:

- Dance class: Feel the Rythm
- Food as medicine: Delicious transformation
- Nutrition for longevity - from 25 to 85
- Art therapy
- Pilates for everyday
- Mindfulness: How to be present?
- Sing-along (singing class)
- New technologies in lifestyle medicine
- Liquid green gold - how good is the olive oil?

## **World cafe workshops:**

Using lifestyle medicine solutions for a single case workshops.

These workshops will be available only on Saturday, 12.4., you can choose one:

- Diabetes Type II
- Women's Health
- Inflammatory Bowel Disease
- Depression
- Hypertension
- Healthy Children
- Healthy Healthcare Workers

# Registration fees

Registration fee for participants of the congress

**REGISTRATION: [CLICK HERE](#)**

	Early bird registration until 27.2.2025	Late registration starting from 28.2.2025
<b>Members of HUMŽiS</b>	<b>180 € + VAT</b>	<b>220 € + VAT</b>
<b>Virtual - Members of HUMŽiS</b>	<b>80 € + VAT</b>	<b>120 € + VAT</b>
<b>Students</b>	<b>100 € + VAT</b>	<b>100 € + VAT</b>
<b>Virtual - Students</b>	<b>80 € + VAT</b>	<b>80 € + VAT</b>
<b>Others</b>	<b>220 € + VAT</b>	<b>260 € + VAT</b>
<b>Virtual - Others</b>	<b>120 € + VAT</b>	<b>160 € + VAT</b>

\*Prices do not include VAT, 25%

## The registration fee includes:

Participation in all lectures according to the Program, welcome cocktail, lunch, coffee breaks, professional materials, participation certificate, congress dinner

### TECHNICAL ORGANIZER:

Certitudo partner d.o.o. turistička agencija

Ivanićgradska 64, 10000 Zagreb

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**CERTITUDO PARTNER**  
WWW.CERTITOUR.COM



# Accommodation

## REGISTRATION AND RESEVATIONS

[CLICK HERE](#)

### DIOKLECIJAN HOTEL & RESIDENCE \*\*\*\*

Distance from the venue: 5 min by car, 15 min walking

Single room - Bed and breakfast: 84,50 €

Double room - Bed and breakfast: 91,00 €

### HOTEL AMPHORA \*\*\*\*

Distance from the venue: 10 min by car

Single room - Bed and breakfast: 132,50 €

Double room - Bed and breakfast: 154,00 €

\*Prices are per room / per night

\*The tourist tax is not included in the accommodation price and amounts to 2,50 € per person/per day

#### Cancellation policy:

The reservation can be canceled without penalty 60 days before arrival

Cancellation 59 - 30 days 50% of the total amount of the reservation

Cancellation 29 - 15 days 80% of the total amount of the reservation

Cancellation 14 - 0 days 100% of the total amount of the reservation

No show 100% of the total amount of the reservation