

# 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