

Programme of the 2nd International Conference “Health Promotion and Rehabilitation: Future Perspectives”

16 April 2026, Thursday

Morning Sessions

10:00-10:30

Opening Speeches

Panel 1 – Digital Frontiers in Health & Learning

10:30-10:50

- Javier Jerez Roig (Spain) – *KOKU Bladder: an eHealth program to promote bladder health and manage urinary incontinence during ageing*

10:50-11:10

- Niina Katajapuu (Finland) – *Hybrid e-rehabilitation: AI-based Virtual assistants*

11:10-11:30

- Gizem Irem Kinikli (Turkey) – *Collaborative Online International Learning (COIL)*

11:30-11:40 Discussion

11:40-12:00 Coffee break

Panel 2 – Exercise Across Life Stages

12:00-12:20

- Anna Szumilewicz (Poland) – *Intense exercise during pregnancy – debunking myths with evidence-based recommendations and the HIIT Mama project outcomes*

12:20-12:40

- John Xerri de Caro (Malta) – *Promoting Physical Activity in the Retirement Transition: Designing a Lifestyle Intervention Program*

12:40-13:00

- Baris Gulpinar (Turkey) – *Beyond exercise: Benefits of Aquatherapy in Aging*

13:10-13:20 Discussion

13:30-14:20 Lunch

Afternoon Sessions

Panel 3 – Wellbeing & Sustainable Futures

14:30-14:50

- Marion Karppi (Finland) – *Promoting wellbeing at work – case professional kitchens*

14:50-15:10

- Bart Roelends (Belgium) – *The interaction between mental and physical fatigue*

15:10-15:30

- Andrea Ribeiro (Portugal) – *Building a Sustainable Future Through Physiotherapy and Environmental Health*

15:30-15:50

- Josephine Morris (UK) – *The Quadruple Threat: Orchestrating Clinical, Research, Education, and Leadership to Elevate Community Health and Wellness*

15:50-16:00 Discussion

17 April 2025, Friday

Oral Presentations: Shaping Tomorrow's Health Education