



Summer school

“Building a pathway to health: Coping strategies and correct lifestyles”

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- **6 – 10 September 2021, Palermo**

Organized by University of Palermo,
Department of Health Promotion, Mother
and Infant Care, Internal and
Specialized Medicine (PROMISE) and the
Department of Psychology, Educational
Science and Human
Movement of the University of Palermo

Programm Day 1 Monday 06 September 2021

13:00 – 14:00

Registration

14:00 – 14:30

Welcome of UNIPA Rector and the Heads of UNIPA Organizing Departments

14:30 – 16:30

Epidemiology of non-communicable chronic diseases and their determinants: data and methods
Domenica Matranga, University of Palermo

16:30 – 18:30

Balanced nutrition and healthy diets, with special focus to Whole-food and Plant-based Diet
Ana Juan-García, Universitat de Valencia

19:00 – 21:00

Dinner

21:00 – 23:00

Free Time

Programm Day 2 Tuesday 07 September 2021

9:30 – 11:30

The neurobiology of addiction and stress. A vulnerability/resilience perspective

Beat Lutz

University Medical Center of the Johannes Gutenberg – University Mainz; Leibniz Institute for Resilience Research (LIR) Mainz

11:30 – 12:30

Physical activity: physiological mechanisms and health impact

Liga Plakane, University of Latvia

12:30 – 14:00

Lunch

14:00 – 16:00

Balanced nutrition and healthy diets, with special focus to Whole-food and Plant-based Diet

Laura Escrivá, Universitat de Valencia

16:00 – 19:00

Free Time

19:00 – 21:00

Dinner

21:00 – 23:00

Free Time

Programm Day 3 **Wednesday 08 September 2021**

9:30 – 11:30

Coping strategies, communicative skills, decision making

Vanessa Sanchez and Silvia Corchon, Universitat de Valencia

11:30 – 12:30

Physical activity: physiological mechanisms and health impact

Liga Plakane, University of Latvia

12:30 – 14:00

Lunch

14:00 – 16:00

Resilience to meet the challenge of addiction I : alcohol and tobacco

Carla Cannizzaro and Anna Brancato, University of Palermo

16:00 – 19:00

Free Time

19:00 – 21:00

Dinner

21:00 – 23:00

Free Time

Programm Day 4 Thursday 09 September 2021

9:30 – 11:30

Coping strategies, communicative skills, decision making

Johanna Eronen, University of Jyväskylä

11:30 – 12:30

Sexually Transmitted Diseases and sexual behaviour

Laura Saporito, University of Palermo

12:30 – 14:00

Lunch

14:00 – 16:00

Resilience to meet the challenge of addiction II : drugs of abuse

Carla Cannizzaro and Anna Brancato, University of Palermo

16:00 – 16:30

Interoception and Emotion

Alicia Fournier, University of Bourgogne

16:30 – 19:00

Free Time

19:00 – 21:00

Dinner

21:00 – 23:00

Free Time

Programm Day 5

Friday 10 September 2021

9:30 – 11:30

Psychologic well-being

Silvana Miceli, University of Palermo

11:30 – 12:30

Sexually Transmitted Diseases and sexual behaviour

Laura Saporito, University of Palermo

12:30 – 14:00

Lunch

14:00 – 16:00

Behavioural addictions: game, web, sexual addictions

Nicklas Paskal and klaus Woelfling

University Medical Center of the Johannes Gutenberg – University Mainz

16:00

Close of the work