

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

APRIL 12th 2025

SECTION - CARDIOVASCULAR HEALTH

09:00

Cardiology and Lifestyle Medicine

Daniel Sliz

09:15

Panel discussion

Cardiologist, kinesiologist, nutritionist

09:45

Nutritional reversal of cardiovascular diseases

Mladen Golubić

10:00

Panel discussion

Medical doctor, psychologist, nutritionist

10:30

Active break

10:35

World cafe workshops

(Type II 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	Panel discussion <i>Medical doctors, psychologist</i>
13:30	Damasalis consult - Modern Pytoteraphy-Effectivness and safety through Innovation
13:45	Lunch break
SECTION - OBESITY AND METABOLIC HEALTH	
14:30	Physical activity as therapy for diabetes type II <i>Barbara Gilić</i>
14:45	Panel discussion <i>Nutritionist, kinesiologist, pharmacologist</i>
15:15	How should we define obesity? <i>Anela Novak, Ivana Kraljević</i>
15:30	Panel discussion <i>Medical doctor, kinesiologist, nutritionist, psychologist</i>
16:00	Active break
16:05	Active workshops <i>(Food as medicine, Nutrition for longevity, Pilates for everyday, Mindfulness, Sing-along, New technologies in lifestyle medicine, Liquid green gold - how good is the olive oil, Veterans Center - Lifestyle in practice)</i>
20:30	Gala dinner (restaurant kampus)

APRIL 13th 2025

SECTION - MENTAL HEALTH

10:30

Stress Response Modulation: The Role of Microbiota, Nutrition, and Lifestyle

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 as medicine, Nutrition for longevity, Art therapy, Pilates for everyday, Mindfulness, Sing-along, New technologies in lifestyle medicine, Liquid green gold - how good is the 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

14:15

Active break

APRIL 13th 2025

14:20	The Mistery of Menopause <i>Jelena Marušić</i>
14:35	Panel discussion Medical doctor, kinesiologist, pharmacist
15:05	Closing ceremony
15:15	Lunch

Workshops

WORLD CAFE WORKSHOPS:

SATURDAY

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

ACTIVE WORKSHOPS:

SATURDAY

- Food as medicine: Delicious transformation
- Nutrition for longevity - from 25 to 85
- 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?
- Veterans Center - Lifestyle in practice

SUNDAY

- 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

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
Members of HUMŽiS Virtual - Members of HUMŽiS	180 € + VAT 80 € + VAT	220 € + VAT 120 € + VAT
Students Virtual - Students	100 € + VAT 80 € + VAT	100 € + VAT 80 € + VAT
Others Virtual - Others	220 € + VAT 120 € + VAT	260 € + VAT 160 € + VAT

*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

T: +385 1 5802 532

E: partner@certitour.com

W: www.certitour.com



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