

#SEMINAR

LIFESTYLE AND MENTAL HEALTH: A CURE FOR ALL?

Mental health is declining worldwide, especially among young people, largely due to lifestyle and environmental pressures. Healthcare systems alone cannot meet this growing challenge. Strong evidence shows that physical activity, mindfulness, breathing techniques, and nutrition can improve mental wellbeing, resilience, and cardiovascular health.

Lifestyle-based interventions offer a promising, integrative approach for both patients and healthcare professionals.

SPEAKER

Prof. Rogier Hoenders

Mental health and mindfulness trainer, Lentis Mental Healthcare.
Professor of lifestyle, spirituality and mental health, University of Groningen.



More information on:



multimedica.it/courses_conferences/lifestyle-and-mental-health

 **9 GENNAIO 2026** dalle 12.30 alle 13.30

 **Auditorium IRCCS MultiMedica**
Via Milanese, 300 - Sesto San Giovanni (MI)