**Healthwise 1st Lustrum Conference**

*In collaboration with HANNN*

**Man Made Blue Zones: Healthy Ageing Together**

**3 April 2018**

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| 9:00-9:30 | Registration, coffee & tea | | | | | |
| 9:30-9:45 | Welcome | | | | | |
| 9:45-11:00 | 9:45-10:30: Keynote 1 – Man Made Blue Zone?  10:30-11:00: Reflection (How did the situation in Northern Netherlands arise?) | | | | | |
| 11:00-11:15 | Break | | | | | |
| 11:15-12:30 | Short reflections  a. Physical activity  b. Healthy diets  c. Social engagement  d. Life purpose  e. Healthy living environment | | | | | |
| 12:30-13:30 | Lunch | | | | | |
| 13:30-14:30 | Workshops (Man Made Blue Zone! | Public policy angle: bringing science and practice together) | | | | | |
|  | Session 1  Physical activity | Session 2  Healthy diet | Session 3  Social engagement | Session 4  Life purpose | Session 5a  Healthy living environment  (health inequalities) | Session 5b  Healthy living environment  (the built environment) |
| 14:30-14:45 | Break | | | | | |
| 14:45-16:00 | 14:45 – 15:30: Keynote 2 – Man Made Blue Zone!  15:30 – 16:00: – Reflection (local reflection on what can be done) | | | | | |
| 16:00-16:45 | Plenary discussion – Man Made Blue Zone: Effective? | | | | | |
| 16.45 | Afsluiting | | | | | |
| 17.00 | Drinks | | | | | |

Meer informatie over dit programma: <https://www.rug.nl/healthwise/calendar/lustrum-conference>