

## 2025 WTT4H Congress Programme

<b>DAY 1 - FRIDAY – 28th NOVEMBER</b>		
<b>Time</b>	<b>Session</b>	<b>Speaker</b>
1600-1615	Opening	Petra Sörling
	Welcome	Annika Andersson Director of health and social care Helsingborg City Representative
1615-1630	<u>KEYNOTE SPEECH</u> : WHO Global Physical Activity recommendations and EU HEPA policy and practical tools including #BeActive Campaign	Reka Veress- National EU-WHO HEPA Focal Point for Hungary- Online
1630-1715	<u>SESSION 1</u> : State of Research on Sports 4 Health	Moderator: Taisa Belli
		Marc-Alexandre Guyot- Online
		Solfrid Bratland-Sanda- Online
1715-1745	Break and Ice Breaker	
1745-1845	<u>SESSION 2</u> : Pingis Parkinson project	Moderator: Caroline Rowland
	Ping Pong Power	Jessica Larsson, Karin Gill, and Ulf Ekström
	Brain recovery program thru TT	Stina Langenius
	Boxing and Advantages Sport	Jeanette Johansson, David Löhr and Jan Gleisner
1845-1900	Recap of DAY ONE and Closing	Taisa Belli or Caroline Rowland
<b>DAY 2 - SATURDAY – 29th NOVEMBER</b>		
<b>Time</b>	<b>Session</b>	<b>Speaker</b>

1700-1710	Welcome	Leandro Olvech
1700-1715	Recap of DAY ONE - Moderator	Taisa Belli or Caroline Rowland
1715-1815	<u>SESSION3:</u> TT4Health Best Practices from around the World	Moderator: Lea Hure
	Ja “Shaping the Future Needs of TT4H Pogrammes - Insights from the SWAN Erasmus+ Project”.	Christos Gkoumas
	Erasmus+ SWAN Project- Case Study ITTF	Ramon Ortega Montes
	German Federation Coaches Parkinson’s Training Programme	Gabriel Eckhardt
	Parkinson’s Programmes in Spain	Anghelys Moreno
	Vitality Pong - Canada	Luba Sadovska - Online
1815-1845	Break and Ice Breaker	
1845-1930	<u>SESSION 4:</u> Practical Guidance on Nutrition, Care and Mobility Tips	Moderator: Mark Lewis
	Physical Fitness for People with Parkinson’s	Annelie Bojgren
	UK Shakers and Movers and Campaigns	Gillian Lacey Solymar
	Practical Guidance for People with Parkinson’s	Annicka Appleberg
1930-1945	Closure of Congress	Zoran Primorac
		STTA board member - Monica J Erlandsson
		Leandro Olvech