



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA
DIPARTIMENTO DI
SCIENZE PER LA QUALITÀ DELLA VITA

Second cycle degrees programmes (LM) in:
Wellness Culture: Sport, Health And Tourism
Wellness, Sport and Health

II semester
Academic year 2022-2023
Rimini Campus of the University of Bologna

SEMINAR

HOW ARE OUR FOOD CHOICES ASSOCIATED TO LIFE EXPECTANCY AND HEALTH? RESULTS FROM THE FOOD4HEALTHYLIFE

Promoted within the courses of:
BIOLOGY OF LONGEVITY AND HEALTHY LIFESTYLES
by Professor Antonello Lorenzini



**ONLINE SEMINAR
WITH PROFESSOR LARS THORE FADNES
24 MAY 2023 AT 2.30/3.30 P.M.**

How can we modify our diet to get the maximum health benefits?
And if we're not ready for the optimal diet, even the feasible will
definitely be worth it. Let's listen to one of the makers of a new tool that
uses the most recent epidemiological data to give us very practical
indications on how to improve our diet.

Speaker: Professor Lars Thore Fadnes, Department of Global Public
Health and Primary Care, University of Bergen

Prof. Fadnes website

[Click here to join the meeting on Microsoft Teams](#)