



III INTERNATIONAL CONFERENCE WITH STUDENT SESSION

Healthy aging Transforming Science into Impact

23-24 April 2026

CONFERENCE ORGANISERS



Department of Rehabilitation, Medical University of Lublin, Jaczewskiego 8 street, 20-954 Lublin,
Phone: 81 72-44-184, e-mail: klinika.rehabilitacji@umlub.pl

Tomasz Blicharski, Prof., MD, PhD, MBA



Gulf Medical University, AL JURF - 1 Rashid Al-Khadar St - Al Jerf 1 – Ajman, United Arab Emirates
<https://gmu.ac.ae>

Tatjana Ille, Prof., MD, MSc, PhD

ORGANIZING COMMITTEE

Juliana Woszczyło, MD PhD

SCIENTIFIC COMMITTEE

Jayadevan Sreedharan, Prof.

STUDENTS ORGANIZING COMMITTEE

Zeeshan Zulfiqar, Mateusz Trubalski



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Co-organizers

Metabolic Disease Section PTOiTr

Mini Intervention Procedures Section PTReh

Metabolic Bone and Joint Diseases Section PTReh

Department of Clinical Physiotherapy USK4 w Lublinie

Scientific committee:

Prof., MD, MSc, PhD Tatjana Ille
Prof., MD, PhD Tomasz Blicharski
Prof., MD, PhD Mirosław Jabłoński
Prof. MD, PhD Rafał Patryn
Prof. MD, PhD Agnieszka Mądro
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PhD Alicja Wójcik-Załuska, prof. UM
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PhD Justyna Chmiel prof. UM
PhD Monika Wojciechowska
PhD Janusz Jaroszyński
MD Natalia Fedorenko
MA Anna Mazurek

Organizing committee:

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PhD Katarzyna Szcześniak

MD, PhD Jayakumary
Muttappallymyalil
MD, PhD Juliana Woszczyło
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MSc Paweł Wolicki
Msc Robert Fiut
Msc Paweł Hereć
Msc Mariola Żuk
MA Agata Szykaruk
MA Barbara Piech
Alina Stachyra

Dear Sirs and Madams,

Colleagues,

Dear Colleagues, Ladies and Gentlemen,

It is with great honor and genuine enthusiasm that we invite you to participate in the upcoming edition of the *Healthy Aging* International Conference, which will once again gather outstanding experts, researchers, and clinicians from around the world.

Building on the success of last year's meeting, this year's conference is organized under a new and inspiring theme: **"Transforming Science into Impact."** Our goal is not only to advance knowledge but also to translate scientific achievements into tangible benefits for patients, healthcare systems, and society as a whole.

This edition of *Healthy Aging* will be particularly exceptional, as it coincides with the **60th Anniversary of the Department and Clinic of Rehabilitation at the Medical University of Lublin**. For six decades, our Clinic has been at the forefront of rehabilitation medicine in Poland, shaping standards of care, fostering education, and driving innovation. The jubilee will provide a unique opportunity to reflect on our history, celebrate achievements, and set directions for the future.

The conference program will include lectures by internationally renowned speakers, interactive sessions, student presentations, and practical workshops. Together, we will explore modern strategies in rehabilitation, geriatrics, medical technology, nutrition, and preventive medicine—fields that directly shape the quality of life and independence of aging populations.

We look forward to welcoming you to Lublin, a city that fosters innovation and collaboration, for what promises to be a memorable and inspiring scientific event.

With best regards,

Prof. Tatjana Ille, MD, MSc, PhD

Prof. Tomasz Blicharski, MD, PhD, MBA

Chairmans of the Organizing Committee

We look forward to see at Lublin





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About the Conference

- Comprehensive approach to healthy aging – from prevention and lifestyle medicine to advanced rehabilitation, technology, and clinical interventions.
- Dialogue between science and practice – an opportunity to interact with visionaries from academia, healthcare, and industry.
- Solutions for real-world challenges – sessions designed to provide both cutting-edge evidence and practical take-home messages.
- High-quality scientific program – carefully structured agenda including keynote lectures, panel discussions, and thematic sessions.
- Platform for young researchers – poster presentations and student sessions encourage new voices and innovative ideas.
- Exhibition and industry showcase – presentation of the latest technologies, medical devices, and solutions supporting rehabilitation and healthy longevity.
- Celebration of tradition and progress – this year's edition is enriched by the 60th Anniversary of the Department and Clinic of Rehabilitation, Medical University of Lublin, marking six decades of excellence in clinical care, education, and innovation.

What Makes the Healthy Aging Conference Unique?

- Truly global perspective – experts representing leading international societies share their knowledge and clinical experience.
- Renowned speakers and thought leaders – the conference hosts internationally acclaimed scientists, clinicians, and innovators shaping the future of medicine and rehabilitation.
- Support for the next generation – dedicated sessions and mentoring opportunities for students and early-career researchers help them build careers in academic and clinical medicine.
- Dynamic exchange of ideas – interactive discussions, debates, and workshops foster creativity and interdisciplinary collaboration.
- Unparalleled networking – a unique environment to connect with colleagues, partners, and decision-makers from across the world.



LUBLIN



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Some moments of previous conference and workshops:



About registration:

Conference Registration is free and includes:

- Conference Program e-Book
- Conference Tag
- e-Certificate of Participation
- Conference Bag
- Conference Abstract e-Book
- Conference Proceedings e-Book

Conference Venue

Collegium Novum, Medical University of Lublin

Al. Raławickie 1 street, 20-059 Lublin



No doubt you have lots of queries...

Why not get in touch..!

Drop us your query with details.



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Program for the 60th Anniversary Celebration 23 April 2026

Venue: Collegium Novum

09:00 – 09:30 Official Opening Ceremony

09:30 – 10:30 Presentation of the History and Future of the Rehabilitation Clinic

10:30 – 12:00 Award Ceremony

12:00 – 13:00 Artistic Performance

13:00 – 13:30 Closing of the Ceremony

Conference schedule

24 April 2026

Venue: Collegium Novum

9:00 – 9:30 Inauguration ceremony

9:30 – 11:30 Session I. **Pain**: Innovations in Pain Management for Ageing Populations.

11:30 – 13:00 Session II. **Nutrition**: Microbiome and Supplementation in Healthy Ageing.

13:00 – 14:00 Session III. **Prevention and treatment**: Strategies to Reduce Chronic Diseases in Older Adults (Obesity, Diabetes, Hypertension, Osteoporosis, Thrombotic Disorders).

14:00 – 15:00 Session IV. **Technology**: Smart Solutions for Healthy Ageing

15:00 Discussion and closing remarks.



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Venue: Collegium Novum

9:00 – 14:00 Student Satellite Session

9:00 – 15:00 Sponsor Spotlight

Venue: Collegium Novum

9:00- 13:00 Physiotherapy session

9:00- 13:00 Workshops

1. Point-of-Care MSK Ultrasound for Rehab and Ortho Specialists Comprehensive Life Support Training for Older Adults
 2. Smart Rehabilitations: Innovations in Physiotherapy
 3. Mini-Interventions in Orthopedics: Modern Techniques in Outpatient Care
 4. Activity-Based Rehabilitation: OT Strategies for Daily Function
 5. Comprehensive Nursing Practices in Geriatrics and Orthopaedics
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