

Social Prescription:

How Doctors are Using Culture, Sports, Nature, and Community Service as Medicine

Aula polivalente
Sector A
East Campus

October
– November 2025
18.00–19.45

University course
open to the public

The lessons will be held
in Italian and English with
simultaneous translation
in Italian.

Lessons will be recorded
and published online
at the end of the course.



For info and
full programme
www.usi.ch/it/feeds/32688



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Once again, this fifth iteration of the Cultura e Salute (Culture and Health) course, promoted by the Faculty of Biomedical Sciences at USI – Università della Svizzera italiana with IBSA Foundation for scientific research and the Cultural Division of the City of Lugano, will see personalities from the world of science and culture come together on seven Mondays to discuss topics connected with “Social Prescribing” for personal health and wellbeing. Open to the public, the themed lessons will be held from Monday 6 October to Monday 24 November in the Aula Polivalente at Campus Est in Lugano, from 6 to 7.45 p.m. The meetings are aimed at students and postgraduate students from the Faculty of Biomedical Sciences of USI, as well as anyone else who is interested. Every lesson involves an introductory keynote speech that will present the topic on the basis of the most recent scientific literature. This introduction will be followed by a debate involving an expert in the role of discussant. The programme was put together by the course scientific committee consisting of Enzo Grossi, Luigi Di Corato, Silvia Misiti and Julia Hotz.

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Monday 06 October	Social prescribing: a global overview Speaker: Julia Hotz , Author (THE CONNECTION CURE, Simon & Schuster); Adviser (Social Prescribing USA); Journalist (Solutions Journalism Network), (USA) Introduction by: Enzo Grossi , IBSA Foundation (CH); Fondazione Villa Santa Maria (IT)
Monday 20 October	Physical activity as complementary therapy Speaker: Mandy Zhang , Sport & Exercise Medicine, Changi General Hospital, SingHealth Duke-NUS, Singapore (SG) Discussant: Ollie Hart , Clinical Director Heeley Plus Primary Care Network; Managing Director Peak Health Coaching (UK)
Monday 27 October	Nature and wellbeing: biophilia in medicine Speaker: Enzo Grossi , IBSA Foundation (CH); Fondazione Villa Santa Maria (IT) Discussant: Qing Li , Clinical professor of Department of Rehabilitation Medicine, Graduate School of Medicine, Nippon Medical School, Tokyo; President of the Japanese Society of Forest Medicine (JP)
Monday 03 November	Art for the mind and heart Speaker: Anita Jensen , Associate Professor, Social Medicine and Health Policy, Department of Clinical Science and the Centre for Primary Health Care, Lund University, (SE); Arts and Health strategist, Region Skåne, (SE); Associate Professor, Nord University (NO) Discussant: Inga Surgunte , Research Assistant, Institute of Arts and Cultural Studies, Latvian Academy of Culture (LT)
Monday 10 November	Voluntary work as a form of care Speaker: Beverly Taylari , Manchester Camerata (UK) Discussant: Stephen G. Post , Renaissance School of Medicine at Stony Brook University, Stony Brook New York (USA)
Monday 17 November	Loneliness and social inclusion Speaker: Julianne Holt-Lunstadt , Professor of psychology and neuroscience and director of the Social Connection & Health Lab at Brigham Young University, Utah (USA) Discussant: Cristiano Figueiredo , Baixa's Family Health Unit, São José Local Health Unit; NOVA National School of Public Health, Lisbon (PT)
Monday 24 November	Where training meets practice: the Lugano case Speaker: Jess Bone , Research Department of Behavioural Science & Health, University College London (UK) Discussant: Luca Gabutti , Director of Family Medicine Service EOC; Director of Institute of Family Medicine and Vice Dean for Education of Faculty of Biomedical Sciences, USI (CH)

In partnership with
The Cultural Division of the City of Lugano and IBSA Foundation for scientific research

