

Social Prescription:

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



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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

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.

Università
della
Svizzera
italiana

Faculty
of
Biomedical
Sciences



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 Taylori**, 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

