Healthy Cities Congres 2026

The programme is a working draft and may be subject to change.
The Organizer will make every effort to ensure that the Congress proceeds in accordance with the presented schedule; however, it reserves the right to make changes to the programme, the times of individual sessions and the speaker line-up.

PLENARY SESSIONS

Healthy Society Room	09:00 – 09:30	Welcome coffee
	09:30 – 09:40	**Opening – welcome by the Congress organizers** **Anna Rulkiewicz** – President of LUX MED Group **Jerzy Hausner** – Chair of the OEES Programme Council, GAP Foundation **Piotr Wachowiak** – Rector, SGH Warsaw School of Economics
	09:40 – 09:50	**Keynote: Jolanta Sobierańska-Grenda*** – Minister of Health
	09:50 – 10:05	**Keynote: Marek Postuła** – author of the podcast "W Stronę Długowieczności"
	12:35 – 13:15	**Healthy Cities Index Awards Gala**
	13:15 – 14:15	**Mayors' Panel: How to Create a Healthy City?** Moderator: **Paweł Sołtys** – XYZ Media Group **Magdalena Czarzyńska-Jachim** – Mayor of Sopot **Konrad Fijołek** – Mayor of Rzeszów **Jacek Jaśkowiak** – Mayor of Poznań **Michał Lorbiecki** – Mayor's Plenipotentiary for Urban Planning, City of Chorzów **Tomasz Mencina** – Deputy Mayor of Warsaw
	14:15 – 15:00	Lunch break
	15:00 – 15:30	**FIRESIDE CHAT: The Planet as Our Shared Home: Lessons from Orbit for Healthy Cities** Host: **Hubert Kijek** – Journalist, TVN24 **Paulina Hennig-Kloska** – Minister of Climate and Environment **Sławosz Uznański-Wiśniewski** – Engineer, ESA astronaut

NETWORKING

Healthy Society Room + foyer	18:00 – 20:00	**Networking**

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SIDE EVENT

Healthy Environment Room	18:00 – 19:15	**Screening of Ewa Ewart's film "To the Last Breath", followed by a discussion with Prof. Jerzy Hausner** (limited seating – subject to room capacity)

HEALTHY COMPANY

Healthy Company Room	10:05 – 10:40	**A New Take on ESG: Employee Health as an Indicator of Corporate Resilience** Moderator: **Izabela Dyakowska** – President, Employee Volunteering Institute **Agata Gajos** – Polish Red Cross **Kamil Wyszkowski** – Country Representative, Executive Director, UN Global Compact Network Poland
	10:40 – 11:10	**Empathetic Leadership** Moderator: **Leszek Mellibruda** – Radom Academy of Economics **Karolina Adamska-Woźniak** – Responsible Business Forum **Anna Rulkiewicz** – President of LUX MED Group **Piotr Wachowiak** – Rector, SGH Warsaw School of Economics
	11:10 – 11:30	Coffee break
	11:30 – 12:35	**Launch of the Healthy Companies Index** Moderator: **Magdalena Krukowska** – Journalist, Ringier Axel Springer Poland **Adam Ambrozik** – Corporate and Regulatory Affairs Director, bp in Poland **Agnieszka Czerw** – SWPS University, Poznań Campus **Ada Eichert** – Sustainability and Business Resilience Manager, UNIQA; Member of the Management Board, UNIQA Foundation **Małgorzata Gałązka-Sobotka** – Rector, Lazarski University **Jakub Głowacki** – Krakow University of Economics **Sławomir Łopalewski** – President, LUX MED Insurance
	12:35 – 14:15	**Plenary sessions (Healthy Society Room)**
	14:15 – 15:00	Lunch break
	15:00 – 15:30	**Plenary sessions (Healthy Society Room)**
	15:30 – 16:10	**Wellbeing or Pretence? How to Fight Burnout Systemically and Build Genuine Wellbeing at Work** Moderator: **Karolina Markowska** – Editor-in-Chief, PulsHR.pl **Maja Herman** – Psychiatrist, psychotherapist **Anna Morawska-Borowiec** – President of the Management Board, Faces of Depression Foundation **Mariola Pilas** – Director of Harmonia Medical Centres **Tina Sobocińska** – Founder & HR Strategic Advisor, HR4future

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	16:10 – 16:35	**AI in the Workplace: How the Nature of Work and Skills Is Changing** Moderator: **Agnieszka Chłoń-Domińczak** – Vice-Rector for Research, SGH Warsaw School of Economics **Jan Oleszczuk-Zygmuntowski** – PLZ Cooperative **Michał Rybak** – Vice President of the Management Board for Operations, LUX MED Group **Monika Smulewicz** – CEO, HR na Szpilkach
	16:35 – 16:55	Coffee break
	16:55 – 18:00	**Prevention – Tailoring Programmes to Employees' Needs** Moderator: **Kacper Olejniczak** – Lewiatan Confederation **Sławomir Gadomski** – Managing Director, Diagnostyka S.A. **Lucyna Jaworska-Wojtas** – President, Overcome Endometriosis Foundation **Bartosz Kapczyński** – Member of the Management Board, LUX MED Group **Joanna Miłachowska** – President of the Management Board, Siemens Healthineers **Monika Malinowska** – Chief Coordinator for Human Resources Development and Organisational Culture, Office of the Commissioner for Human Rights

HEALTHY SOCIETY

Healthy Society Room	10:05 – 10:15	**Champion Wellbeing – How to Mindfully Take Care of Your Life Physically, Emotionally and Mentally** **Iwona Guzowska** – Kickboxing and boxing world champion; Member of the Polish Sejm, 6th and 7th terms
	10:15 – 10:40	**Health Education as the Foundation of a Healthy Society. How Should School Prepare Us for Life?** Moderator: **Ewelina Celejewska** – Business Unit Director, Health, Grupa ZPR **Dominik Kuc** – One-and-a-Half-Minute Foundation **Maria Piętak-Frączek** – President of the Management Board, Polish Healthy Cities Association; Krakow City Hall **Małgorzata Snarska-Nieznańska** – President of the Management Board, Code for Green Foundation **Jolanta Żyśko** – Vice-Rector for Development and Promotion, Józef Piłsudski University of Physical Education in Warsaw
	10:40 – 11:10	**Obesity Epidemic – Responsibility of the State, Business and Healthcare System** Moderator: **Justyna Domienik-Karłowicz** – Rector, University of Medical Sciences, LUX MED Group **Jakub Miszułowicz** – Business Analysis Manager, Nałęczów Zdrój – producer of the Cisowianka and Perlage brands **Marta Tomaszewska-Pielacha** – Director of Food and Nutrition, Polish Federation of Food Industry Union of Employers **Dariusz Włodarek** – Physician, public health specialist, dietitian and nutritionist **Marta Pawłowska** – Chair of the Presidium, STOP OBESITY Partnership
	11:10 – 11:30	Coffee break

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Healthy Society Room	11:30 – 11:40	**Are Polish Cities Ready for Ageing? The Example of Sopot** **Magdalena Czarzyńska-Jachim** – Mayor of Sopot
	11:40 – 12:10	**AI Instead of a Specialist? Disinformation as a New Health Risk** Moderator: **Natalia Miller** – Medical University of Warsaw **Katarzyna Lipka** – NASK Disinformation Analysis Centre **Filip Raciborski** – Vice-Dean, Medical University of Warsaw **Tomasz Prosiński** – President, Mentalnie Równi Foundation
	12:10 – 12:35	**Genomics – Is Our Health Written in Our Genes? What Really Determines Health?** Moderator: **Natalia Miller** – Medical University of Warsaw **Ewa Bartnik** – University of Warsaw **Andrzej Eljaszewicz** – Medical University of Bialystok **Beata Łyszczyk** – Director of Outpatient Medical Care, LUX MED Group
	12:35 – 14:15	**Plenary sessions (Healthy Society Room)**
	14:15 – 15:00	Lunch break
	15:00 – 15:30	**Plenary sessions (Healthy Society Room)**
	15:30 – 16:00	**“Free Rider” – Who Should Finance the Modern City?** Moderator: **Kamil Flig** – SGH Warsaw School of Economics **Eliza Agnieszka Cybulko** – Deputy Mayor of Białystok **Jakub Giza** – Director for Sustainable Urban Mobility Development, Nextbike Polska S.A. **Paulina Legutko-Kobus** – SGH Warsaw School of Economics **Piotr Korytkowski*** – Mayor of Konin
	16:00 – 16:35	**The City in the Face of the Care Crisis and the Challenges of Healthy Longevity** Moderator: **Joanna Sadzik** – President of the Management Board, WIOSNA Association **Tomasz Targowski** – National Consultant in Geriatrics **Marzena Okła-Drewnowicz*** – Secretary of State, Chancellery of the Prime Minister **Renata Grudzińska** – Deputy Director, Health and Social Affairs Department, Poznań City Hall
	16:35 – 16:55	Coffee break

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Healthy Society Room	16:55 – 17:30	**Urban Investments amid Rising Security Spending – Where Can Local Governments Find Funding?** Moderator: **Association of Polish Cities** **Jerzy Hausner** – Chair of the OEES Programme Council, GAP Foundation **Łukasz Nowak*** – Mayor of Tarnobrzeg **Katarzyna Olesiak** – President of the Management Board, ARMK sp. z o.o. **Robert Sroka** – Member of the Management Board, Head of the POLSIF Research Centre
	17:30 – 18:00	**AI on Prescription. How Artificial Intelligence Is Designing Tomorrow's Medicine** Moderator: **Danuta Deckert** – Polityka Zdrowotna **Weronika Dardzińska** – Expert in data, AI and scientific evidence in healthcare **Zbigniew Gaciong** – Rector of the Medical University of Warsaw, 2020–2024 term **Jarosław Minkowski** – Director of Diagnostics, LUX MED Group **Bernard Waśko** – Director, National Institute of Public Health NIH – National Research Institute

HEALTHY ENVIRONMENT

Healthy Environment Room	10:05 – 10:40	**The City in a Changing Climate. How Can We Protect Residents' Health?** Moderator: **Maria Andrzejewska** – Director General, UNEP/GRID-Warsaw; Vice President, National Foundation for Environmental Protection **Marcin Grądzki** – Director, Air Protection and Climate Policy Office, City of Warsaw **Szymon Malinowski** – Atmospheric physicist, University of Warsaw; Chair of the Climate Crisis Committee at the Presidium of the Polish Academy of Sciences **Aleksandra Stępniak** – Public Affairs Manager, VELUX **Tomasz Warężak** – Visiting Professor, Universidad Cooperativa de Colombia (UCC), Colombia
	10:40 – 11:10	**Noise Pollution – Silence as a Luxury** Moderator: **Małgorzata Tomczak** – Editor-in-Chief, Architektura & Biznes **Marta Promińska** – STRABAG **Dominik Borek** – Director, Tourism Department, Ministry of Sport and Tourism
	11:10 – 11:30	Coffee break
	11:30 – 12:20	**Co-organizer of the panel: UNICEF Poland** **Solastalgia. The Impact of Climate Change on Mental Health** Moderator: **Natalia Szulc** – Analysis and Advocacy Expert, UNICEF Poland **Ewa Ewart** – Journalist, director **Natalia Gajewska** – European Climate Pact Ambassador **Marta Trakul-Masłowska** – Na Miejscu Foundation **Katarzyna Wojda** – Embassy of Denmark

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Healthy Environment Room	12:20 – 12:35	**Keynote: How Much Do AI Queries Cost?** **Bartosz Dominiak** – Director General, Ministry of Digital Affairs
	12:35 – 14:15	**Plenary sessions (Healthy Society Room)**
	14:15 – 15:00	Lunch break
	15:00 – 15:30	**Plenary sessions (Healthy Society Room)**
	15:30 – 16:00	**Circular Economy and Europe's New Security** Moderator: **Chapter Zero Representative*** **Agata Goor** – Managing Director, Zero Waste Consulting **Małgorzata Greszta** – CSR Consulting, 17 Goals Campaign Foundation **Marcin Tischner** – ProVeg Poland **Wiesław Wes Wójcik** – Sustainable fashion expert, founder of COLLORINO "NEW LIFE FOR CLOTHES"
	16:00 – 16:35	**Is Sport Healthy? Physical Activity in the City: Benefits vs. Risks** Moderator: **Monika Wróbel** – Vice President of the Management Board, Skwer Sportów Miejskich Foundation **Krzysztof Dąbrowa** – Krakow City Hall **Robert Korzeniowski** – Four-time Olympic champion **Justyna Sarna-Pezowicz*** – Deputy Mayor of Olsztyn
	16:35 – 16:55	Coffee break
	16:55 – 17:30	**Urban Greenery. Removing Concrete from Urban Spaces – Presentation of Competition Results** The "Healthy City – Safe and Green Space for Health" competition is organized by **LUX MED Sp. z o.o.** and the **UNEP/GRID-Warsaw Centre** as part of the **Healthy Cities** initiative. **Maria Andrzejewska** – Director General, UNEP/GRID-Warsaw; Vice President, National Foundation for Environmental Protection **Paweł Jaworski** – Director, Department of Strategy and Climate Resilience, Ministry of Climate and Environment

* – Speaker not confirmed

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