

Seminars

**PSYCHOLOGY IN THE FUTURE:  
BRIDGING THE GAP BETWEEN FOOD, HEALTH, AND ENVIRONMENT**

# **CULTIVATING WELLNESS THROUGH MINDFUL EATING: EXPLORING THE IMPACT ON MOOD AND HEALTH**

Today our society is faced with complex challenges to deal with: climate change, energy crisis and aging population are just some of the problems. Leading to such profound change requires behavioral expert, figures who can integrate a solid understanding of psychology and decision-making levers with knowledge about health, environment and global economy. The master's degree program "Consumer Behavior: psychology applied to food, health and environment" is pleased to invite you to a short series of seminars designed to explore the role that psychologists of the future may play in meeting the challenges posed by today's society.

## **Guest**

Valeria RAPETTI, Barilla

## **Discussant**

Guendalina GRAFFIGNA

Francesco PAGNINI

THE SEMINAR WILL BE CONDUCTED IN DUAL MODE

# Seminar

**Tuesday 9 April 2024  
Room G.134 Tabanelli  
5.30pm - 6.30pm  
Largo A. Gemelli, 1 - Milano**



L'evento si svolge in presenza con la possibilità di collegamento da remoto.  
Per collegarsi all'evento da remoto e ricevere il link,  
compilare entro l'8 aprile il seguente [FORM](#)



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