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Culture and Health Conference: Unlocking the Potential of Culture for Wellbeing

CREATIVESUNITE

Co-funded by the European Union

A two-day conference in Poland hosted in collaboration with Culture Action Europe that brings together experts from the cultural, health, and social sectors to explore the potential of culture in supporting health and wellbeing.

Organizer: Bielsko-Biała in cooperation with Culture Action Europe
Who is it for: Artists, healthcare professionals, social workers, policy makers, researchers, and educators
Event Dates: 14–15 November 2024
Where: Bielsko-Biała, Poland
Cost: Free (registration required)

Register here.

About the Event
This two-day conference explores the role of culture in enhancing health and wellbeing, focusing on how cultural activities contribute to physical, mental, and social health. By showcasing evidence-based practices and cross-sectoral collaborations, the event seeks to promote inclusive health policies across the EU, particularly in Central-Eastern Europe. Through panels, workshops, and cultural activities, participants will engage with experts and practitioners to explore culture as a key factor in healthcare innovation and social cohesion.

Highlights of the Event

Panels and Presentations: Discussions on culture's impact on health, well-being for displaced populations, and youth mental health.
Workshops: Hands-on sessions including music and the nervous system, humor for carers, and designing cultural health initiatives.

Cultural Activities: Guided tours and networking opportunities to connect with professionals across sectors.
Launch of Culture and Health Platform: Introducing the EU-supported initiative designed to enhance health through cultural engagement.

Background
The conference is grounded in recent research, including the WHO report on the role of arts in health and the CultureForHealth report. It aligns with the EU's 2023-2026 Culture and Health Work Plan, focusing on a comprehensive approach to mental health and wellbeing.

To read more and register, visit the conference's website.