



LECTURE SERIES SPRING 2016

Health Behaviour Change: From Theory to Reality

- March 23, 2016** 5.15 pm, room HS 10 Frohburgstrasse 3, Lucerne
Targetting non-conscious processes for healthier behaviour across populations
Prof. Dr. Theresa Marteau
Director of the Behaviour and Health Research Unit in the Clinical School at the University of Cambridge
- April 6, 2016** 5.15 pm, room HS 10, Frohburgstrasse 3, Lucerne
Health Communication: state and citizens in dialogue
Daniel Bach, lic. phil
Federal Office of Public Health FOPH, Bern
- April 20, 2016** 5.15 pm, room HS 10, Frohburgstrasse 3, Lucerne
Losing weight and keeping it off. Population and individual perspectives
Prof. Dr. Sniheotta Falko
Professor of Behavioural Medicine and Health Psychology at Newcastle University
- May 18, 2016** 5.15 pm, room HS 10, Frohburgstrasse 3, Lucerne
Okay, okay, it is good for my health... but is it good for me? How individual health behavior is influenced by self-views, social identity, and personal goals
Prof. Dr. Winifred Gebhardt
Associate Professor of Health Psychology at Institute of Psychology, Leiden University
- June 1, 2016** 5.15 pm, room HS 10, Frohburgstrasse 3, Lucerne
When happy eating goes unhappy, a look at different eating patterns
Dr. phil. Johanna Friedli
dipl. Psych, Fachpsychologin für Psychotherapie FSP, Contact Praxis für Psychotherapie und Coaching, Zurich

The guest lectures are followed by a discussion. The lectures are public and free of charge. For more information see our website:

[www.unilu.ch/healthsem - events](http://www.unilu.ch/healthsem-events)