

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***

**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**



**UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore**