miGut-Health
Personalised blueprint of intestinal health

# Health-Engagement Open Lab

*Tuesday, 1 December 2026*
11:00–12:00 EET (Lithuanian time)
Lithuanian Academy of Sciences, Vilnius, Lithuania

## Programme

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| 11:00–11:10 | **Welcome and Opening Remarks** | **Prof. Limas Kupčinskas,** Head of Division of Biology and Medicine of Lithuanian Academy of Sciences |
| 11:10–11:30 | **Stress, Eating Habits and IBD - Presentation of Survey Results from Lithuania** | **Prof. Guendalina Graffigna,** miGut-Health WP lead partner and Professor of Psychology at Università Cattolica del Sacro Cuore (Italy) |
| 11:30–11:50 | **Introduction to the ENGAGE-IBD Personalised Health Engagement Guide** | **Prof. Guendalina Graffigna Salvatore Leone,** IFCCA Chairperson |
| 11:50–12:00 | **Q&A and Closing Remarks** | All |

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IFCCA
International Federation of Crohn's & Ulcerative Colitis Associations

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