

Welcome!

After a successful first edition of the sports and innovation congress of the student rowing association Thêta, we now introduce you our second, online Performance by Innovative Health congress.

In this congress we will dive into the world of prehabilitation; a form of rehabilitation that focusses on prevention. Together we will explore prevention in the world of sports and surgeries, mental wellbeing and workplaces.

The afternoon consists of three different plenary speakers, followed by an interactive panel discussion where you can ask questions and discuss the presented topics.

Sit back, relax and listen to the interesting speakers, don't hesitate to ask questions and enjoy the congress and network drink!

Other companies from the Thêta company week will also join the network drink, so make sure you're there to have a nice chat with them and drink a beer from the goodiebag or something else to bring that real network drink feeling to your own home!

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Performance by Innovative Health Congress

Friday, 7th of May 2021



PROGRAM

13:30 - 13:45 Introduction by our chairman **René Wijlens**
Cluster Sports & Technology, EPSI

Q-helix collaboration for innovation and business creation in Sports & Vitality



13:45 - 14:15 First Plenary Session

Inno4Health - Alberto Bonomi

Building continuous monitoring solution for preparing individuals to surgery or sport competition

Inno4Health

14:20 - 14:50 Second Plenary Session

AlphaBeats - Han Dirx

Measuring your stress level and augmenting your favorite music to get your brain into relax-mode



14:55 - 15:25 Third Plenary Session

**POWERFITTING - Eindhoven Engine
Steven Vos**

Optimizing the relationship between personal vitality and the office using innovative technology



15:35 - 15:55 Panel Discussion

15:55 - 16:00 Closing

16:00 - 17:00 Network Drink

MS Teams breakout rooms