



JOINT SEMINAR

Wednesday 21 May 2025
16:30 – 18:00

Aula Scarpa, Palazzo Centrale
University of Pavia, Corso Strada Nuova 65, 27100 Pavia PV

Opening remarks

Prof. Anna Odone, Prof. Rossella Nappi

WORK AND RETIREMENT AS DETERMINANTS OF HEALTHY AGEING

Prof. Sari Stenholm

Professor of Public Health and Epidemiology, University of Turku

DOES REMOTE WORK MAKE US LESS PHYSICALLY ACTIVE?

Dr. Tuija Leskinen

Docent, University of Turku



Sari Stenholm, MD, PhD

previously held academic and research positions in Finland and the United States, including the University of Tampere, the Finnish National Institute for Health and Welfare and the National Institute on Aging in Baltimore. As PI of the Finnish Retirement and Aging (FIREA) study and REACT (Enhancing physical activity and healthy aging among recent retirees - Randomized controlled in-home physical activity trial), her research focus is on how lifestyle factors, particularly physical activity, nutrition, and obesity, impact health trajectories and ageing. In detail, within the FIREA study (<https://sites.utu.fi/firea/en/>), Professor Stenholm oversees a longitudinal project exploring the interplay between retirement transitions, lifestyle, and chronic disease risk.



Tuija Leskinen, PhD

has long-term expertise on physical activity behaviour and its health benefits for different age groups. She has contributed to both experimental and epidemiological studies, including being co-PI for the REACT trial. Currently, Dr. Leskinen is leading a study about hybrid workers' physical activity and sedentary behaviour at the University of Turku, the WORKDAY study (<https://sites.utu.fi/workday/en/>).

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REGISTRATION: available by scanning the QR code.

