# **WELLNESS EXPLORER**

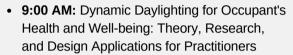
Through this lightinerary you will find the conference sessions and on-floor events that highlight lighting systems and solutions that create an optimal indoor environment prioritizing health and wellbeing.



### **MONDAY: MAY 22, 2023**



# **THURSDAY:** MAY 25, 2023



- 9:00 AM: New Retail lighting: lighting strategies and their impact on health
- 10:00 AM: How Germicidal UV Light Can Be Applied to Reduce the Risk of Airborne Disease Transmission
- 12:00 PM: Senior living/senior care -Simple ways to use LIGHT and DARK for health



#### **TUESDAY: MAY 23, 2023**

- 11:00 AM: Applying knowledge from the lab to the real world: from basic genetics to healing patients using light
- 2:00 PM: Dermaphotology: the Color of Light
- 3:00 PM: Exploring lighting design as a wellness-enhancing proactive salutogenic approach towards optimal health
- 4:00 PM: The Effects of LED Roadway Lighting on Health and Alertness

#### RECOMMENDED EXHIBITORS





















## **WEDNESDAY:** MAY 24, 2023

- 9:00 AM: Wellness Lighting and Energy **Efficiency Converge**
- 12:30 PM: IES LIVE Color Demonstration (30 min) & Ask the **Expert: Light & Human Health (30 min)**
- 3:00 PM: Lighting for Anxiety and Depression- A Designers Approach
- 4:00 PM: Biologically Aware Circadian Lighting: Moving From Concept to Reality and Beyond



