



# **CENTRE OF EXCELLENCE IN HEALTH PROMOTION AND REHABILITATION**

**On 15 November 2018,  
TALLINN UNIVERSITY HAAPSALU COLLEGE  
CENTRE OF EXCELLENCE IN HEALTH PROMOTION AND REHABILITATION  
is organizing**

## **CURATIVE MUD CONFERENCE “Quo Vadis Estonian Curative Mud?”**

Tallinn University Haapsalu College Centre of Excellence in Health Promotion and Rehabilitation invites you to participate in their curative mud conference on 15 November 2018 at 10 a.m. in Haapsalu (Lihula mnt 12, room 301).

### **Programme:**

- 10:-10:20 Gathering and welcome coffee
- 10:20-10:30 Opening and welcome – Eva Makienko, Centre of Excellence in Health Promotion and Rehabilitation; Heli Kaldas – Tallinn University Haapsalu College; Urmas Sukles – Mayor of Haapsalu
- 10:30-10:45 The preliminary results of curative mud investigation in Haapsalu Bay and Väraska Bay - Galina Kapanen, Tallinn University School of Natural Sciences and Health, Centre of Excellence in Health Promotion and Rehabilitation
- 10:45-11:00 Results of the stability checks of curative mud mixtures and biological activity of Estonian curative mud – Monika Übner, Pärnu College of the University of Tartu, Centre of Excellence in Health Promotion and Rehabilitation
- 11:00-11:15 Results of the study “The Effect of Mud Massage in the Prevention and Treatment of Musculoskeletal Pain to Preserve the Work Ability of Workers with Upper Back and Neck Pain Caused by Repetitive Strain.” – Varje-Riin Tuulik Leisi, Silver Saarik, Centre of Excellence in Health Promotion and Rehabilitation
- 11:15-11:30 Working mechanisms of curative mud – Viiv Tuulik, Centre of Excellence in Health Promotion and Rehabilitation
- 11:30-12:00 The feasibility of evaluating the effect of curative mud on the human skin by the means of electrical bioimpedance – Margus Metshein, Centre of Excellence in Health Promotion and Rehabilitation/ Tallinn University of Technology

- 12:00-12:45 Energising lunch break with the opportunity to view Estonian curative mud products
- 12:45-13:00 Results of the pilot study of a plaster with curative mud extract – Viiu Tuulik, Centre of Excellence in Health Promotion and Rehabilitation
- 13:00-13:45 Romanian experience in peloidotherapy - the case of Techirghiol mud, research and medical use - Constantin Munteanu, Romanian Association of Balneology
- 13:45-14:00 Current situation of the Curative Mud Act – Kristo Kleemann, Ministry of Social Affairs
- 14:00-14:10 Occupational health doctors' expectations to curative mud – Dr Viive Pille, North Estonia Medical Centre
- 14:10-14:20 Curative mud treatment options in spas today; a look to the future – Aire Toffer, Estonian Spa Association
- 14:20-15:00 Discussion – developmental trends in the field of curative mud and mud treatment, future research needs. Moderator: Talis Vare, Centre of Excellence in Health Promotion and Rehabilitation
- 15:00-15:30 Thank-you coffee and end of the conference
- 15:30-17:00 Visiting the spas of Haapsalu
  - 15:30-15:45 – a bus trip from Haapsalu College to Fra Mare
  - 15:45-16:15 – a tour of Fra Mare
  - 16:15-16:30 – a bus trip to Laine
  - 16:30-17:00 – a tour of Laine
  - 17:00-17:10 – those who wish can take the bus back to Haapsalu College



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