

**Event Date:** May 16, 2026 9am to 5pm

**Event Location:** Hilton Double Tree Tower Bridge 7 Pepys St, London EC3N 4AF

**Event Format:** One-day symposium - hybrid in-person + livestream

**Hosts:** *EnviroHealth* in partnership with *ANH International*, *Colab Services* and the *Pruimboom Institute*

Time	Theme	Speaker
08:45	Registration and refreshments	
09:15	Welcome & Opening Remarks – <i>The Vision for EnviroHealth</i>	Lou Carder
09:30	Opening Presentation: <i>The Human Ecology – From Planet to Home to Body</i>	Dr Rob Verkerk
11:00	Mid Morning Break	
11:30	<i>The Indoor Ecology – Hidden factors in human health</i>	Lou Carder
12:30	Lunch & Networking	—
13:30	Keynote Mismatch and Adaptation – <i>The Psychoneuroimmunology of Modern Living</i>	Prof. Leo Pruimboom
15:30	Afternoon Break	
15:50	<b>Panel Conversation:</b> <i>Adaptation, Mismatch &amp; Resilience in Practice</i> <i>With audience Q&amp;A</i>	All speakers- Moderator Karina Athwal ( <i>Pruimboom Institute</i> )
16:20	<b>Closing Remarks &amp; Call to Action</b> – <i>Reclaiming the Ecology of the Mind</i>	Meleni Aldridge ( <i>ANH</i> )
16:30	VIP Reception & Partner Showcase	—

IN PARTNERSHIP WITH



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CALL +44 1522 846 902  
EMAIL [info@colabeu.com](mailto:info@colabeu.com)