

2019 Global Wellness Summit

The Global Wellness Summit (GWS) is an invitation-only international gathering that brings together leaders and visionaries to positively impact and shape the future of the dynamic \$4.2 trillion global wellness economy. At each annual Summit, delegates are challenged to look at the way business is done and to create new, collaborative models for the future. We accomplish this by establishing a high-level dialogue among the decision-makers in attendance and by giving delegates the first look at the future of evidence-based wellness and the latest innovations in the industry.

The 2019 Global Wellness Summit will take place October 15-17 at the Grand Hyatt Singapore.

<https://www.globalwellnesssummit.com/2019-global-wellness-summit/>

Dr. Qing Li is invited as a keynote speaker and a chair at Table Topic Discussions on TUESDAY, OCTOBER 15, 2019 DAY 1 as follows:

Dr. Qing Li, Author and President, Japanese Society of Forest Medicine, Japan



Dr. Qing Li is the author of *Forest Bathing and Shinrin-Yoku: How Trees Can Help You Find Health and Happiness*.

Shinrin-Yoku in UK:

<https://www.penguin.co.uk/books/308285/shinrin-yoku/9780241346952.html>,

Forest Bathing in US

<https://www.penguinrandomhouse.com/books/579709/forest-bathing-by-dr-qing-li/9780525559856/>

GLOBAL WELLNESS SUMMIT 2019
SHAPING THE BUSINESS OF WELLNESS

2019 AGENDA
Grand Hyatt Singapore | October 15-17, 2019

3:55 pm ALL BACK TO GRAND BALLROOM

4:00 pm – 4:20 pm Grand Ballroom
Keynote
Forest Bathing 2.0: The Art and Science of Shinrin-Yoku
Dr. Qing Li, Author & President, Japanese Society of Forest Medicine; Nippon Medical School, Japan

TUESDAY, OCTOBER 15, 2019 DAY 1 12:15 pm – 2:00 pm

Interactive Lunch: “Ask the Expert” Table Topic Discussions

48. Nature and Forest Medicine: The Future

Dr. Qing Li, Author & President, Nippon Medical School, Japan

Currently a physician at Nippon Medical School and president of the Japanese Society of Forest Medicine, vice-president of International Society of Nature and Forest Medicine, he aims to make forest bathing accessible to all. “Touch the trees, taste the air, breathe in the fragrance of the forest, behold the multitude of colors, listen to the wind blow and the birdsong,” writes Dr. Qing Li.

<https://www.globalwellnesssummit.com/2019-global-wellness-summit/summit-speakers-presenters/#li>

The 2019 Full Agenda is as follows:

<https://www.globalwellnesssummit.com/wp-content/uploads/2019/09/2019Agenda9.28Online.pdf>

(文責 李卿)