Friday April 20th, Morning

09:00 – 09:45  Registration and Welcome Coffee

10:00 - 10:15  Welcome Remark  Federica I Wolf (Rome, Italy), Magdalena Maj-Zurawska (Warsaw, Poland), Gabriel Nowak (Krakow, Poland)

KEYNOTE Lecture: Magnesium Functions in CNS
10:15 - 11:00  Robert Vink (Adelaide, Australia)

SESSION 1  Magnesium intake and Health

Chairmen:  Andrzej Mazur (Clermont-Ferrand, France)
            Federica I Wolf (Rome, Italy)

11:00 - 11:30  Epidemiology of Low Magnesium Intake and Status  Andrzej Mazur (Clermont-Ferrand, France)

11:30 - 12:00  Low Magnesium Status and Health: an Update  Jeanette AM Maier (Milan, Italy)

12:00 - 12:30  Innovative approaches for Mg quantification in cells, tissues and mini organs  Stefano Iotti (Bologna, Italy)

12:30 - 14:00  Buffet Lunch
**Friday April 20th, Afternoon**

**SESSION 2**  
**Magnesium in Anxiety, Stress and Depression – Part I**

*Chairmen:*
- Louise Dye *(Leeds, United Kingdom)*
- Gabriel Nowak *(Krakow, Poland)*

14:00 - 14:30  
**The Effects of Magnesium Supplementation on Subjective Stress and Anxiety: a Systematic Review**  
*Neil Boyle* *(Leeds, United Kingdom)*

14:30 - 15:00  
**Magnesium in Anxiety and Depression: Lesson from a Rodent Model**  
*Ewa Poleszak* *(Lublin, Poland)*

15:00 - 15:30  
**IBD Magnesium and Depression**  
*Franco Scaldaferrri* *(Rome, Italy)*

15:30 - 16:00  
**Coffee/Tea Break with e-Posters**

**SESSION 3**  
**Magnesium in Stress, Pain and Addiction**

*Chairmen:*
- Louise Dye *(Leeds, United Kingdom)*
- Mihai Nechifor *(Iasi, Romania)*

16:00 - 16:30  
**Stress mechanisms**  
*PE Umriukhin* *(Moscow, Russia)*

16:30 - 17:00  
**Magnesium and Pain: state of the art and therapeutic perspectives**  
*Gisèle Pickering* *(Clermont-Ferrand, France)*

17:00 - 17:30  
**Magnesium and Addiction**  
*Mihai Nechifor* *(Iasi, Romania)*

17:30 – 18:00  
**Magnesium and Sleep**  
*TBD*
Saturday April 21st, Morning

**SESSION 4**  
**Magnesium in Anxiety, Stress and Depression – Part II**

*Chairmen:*  
Mihai Nechifor (Iasi, Romania)  
Ewa Poleszak (Lublin, Poland)

09:00 - 09:30  
Magnesium and Depression, Epidemiological Data  
*Almudena Sanchez-Villegas* (Las Palmas de Gran Canaria, Spain)

09:30 - 10:00  
Magnesium and other Metal Ions in Depression  
*Gabriel Nowak* (Krakow, Poland)

10:00 - 10:30  
Interaction of magnesium and glutamate receptors in the mechanism of antidepressant action  
*Bartłomiej Pochwat* (Krakow, Poland)

10:30 - 11:00  
Coffee Break with e-Posters

**SESSION 5**  
**Magnesium in Aging**

*Chairmen:*  
Federica Wolf (Rome, Italy)  
Jeanette AM Maier (Milan, Italy)

11:00 - 11:30  
Magnesium, Transporters and Aging: Lesson from Molecular Genetics  
*Vladimir Chubanov* (Munich, Germany)

11:30 - 12:00  
Magnesium Status in Alzheimer's Disease: A Systematic Review  
*Nicola Veronese* (Padua, Italy)

12:00 - 12:30  
Magnesium and muscle function  
*Valentina Trapani* (Rome, Italy)

12:30 – 12:45  
Award Nomination and Closing Ceremony

*Chairmen:*  
Andrzej Mazur (Clermont-Ferrand, France)  
Gabriel Nowak (Krakow, Poland)  
Federica I Wolf (Rome, Italy)  
Robert Vink (Adelaide, Australia)

12:45- 14:00  
Farewell Lunch