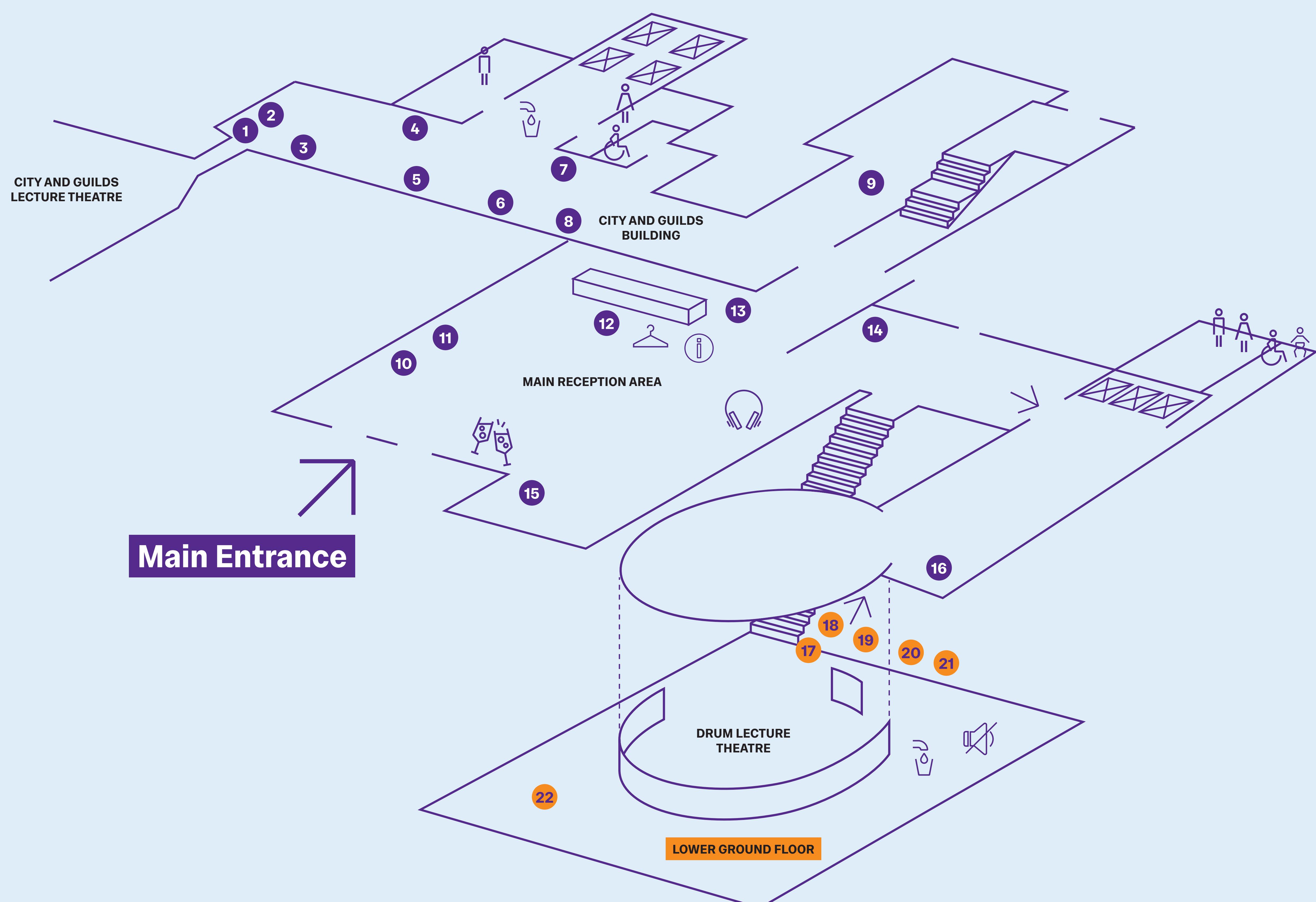


Imperial Lates

Happiness and Health

X @ImperialSpark
#ImperialLates



Key

- Baby changing facility
- Bar
- Calm space
- Coat rail
- DJ
- Event listing
- Information point
- Lift
- Toilets
- Water fountain

Talks

- 1** Enhance your body! The dangers of chasing image perfection with drugs
18.40–19.25
This talk will be live captioned.
- 2** Creating healthy habits
20.05–20.45
This talk will be live captioned.
- 16** Wellbeing unplugged: quick talks for a better you
18.45–19.05: Can your nightmares predict your health? (Abidemi Otaiku)
19.40–20.00: Studying brainwaves to understand how sleep works (Nir Grossman)
20.25–20.45: How old are you really? How you walk affects how you age (Matthew Banger)
- 18** Self-defence: a myth-busting guide to immune health
18.45–19.10, 19.35–20.00 and 20.25–20.50

Workshops

- 15** Mindful crafting
- 19** Tai Chi balance challenge
18.40–19.10, 19.30–20.00 and 20.15–20.45
- 21** Inside a dental tech startup
19.25–20.05
- 22** Earthbeat: the underground cèilidh
18.20–19.00, 19.20–20.00 and 20.20–21.00

Exhibits

- 3** Hormone highs and lows
- 4** Healing words: understanding sickle cell
- 5** Let's talk periods
- 6** Would you get sick for science?
- 7** Water detectives
- 8** Age backwards, sleep better
- 9** Walking through the ages
- 10** The power of green spaces
- 11** Climate change and mental health
- 12** Brainwaves and fractals
- 13** Drugs in the brain
- 14** Climate-friendly pop-up kitchen
- 17** Spot the false wellness headlines!
- 20** The future of dentistry

DJ

- The Rhythm Studio

Spaces

- Calm space

Talks

1

Enhance your body! The dangers of chasing image perfection with drugs

Bonnie Grant, Channa Jayaseena (both Department of Metabolism, Digestion and Reproduction) and Joseph Kean, BloodWorks Ltd

Talk will run 18.40–19.25

Join this insightful discussion around how social media misinformation is driving men to seek unneeded testosterone therapy and the impact it's having on their health.

This talk will be live captioned.

2

Creating healthy habits

Danielle Kurtin, Department of Brain Sciences and Austen El-Osta, School of Public Health

Talk will run 20.05–20.45

Will 2026 be your year of self-care? Join this discussion to unpack how brains and everyday systems shape habits, health, and self-care.

This talk will be live captioned.

16

Wellbeing unplugged: quick talks for a better you

18.45–19.05: Can your nightmares predict your health? (Abidemi Otaiku)

19.40–20.00: Studying brainwaves to understand how sleep works (Nir Grossman)

20.25–20.45: How old are you really? How you walk affects how you age (Matthew Banger)

18

Self-defence: a myth-busting guide to immune health

Daniel Davis, Department of Life Sciences

Talks will run 18.45–19.10, 19.35–20.00 and 20.25–20.50

Beat the winter sniffles and join Imperial's Professor of Immunology on a myth-busting exploration of our immune systems.

Workshops

15

Mindful crafting

Aashna Bhui, Public and Community Engagement Team

Get crafty as you take time out for your wellbeing.

19

Tai Chi balance challenge

Yiran Lin, Department of Surgery and Cancer and Tianyu Wen, Department of Life Sciences

Workshops will run 18.40–19.10, 19.30–20.00 and 20.15–20.45

How steady are you on your feet? Test your Tai Chi skills as you explore the health benefits of improving your balance!

21

Inside a dental tech startup

Arcus Dental

Workshop will run 19.25–20.05

Test a new dental check-up prototype and use design thinking to help shape future dental technology.

Please note spots are limited. Please sign up at exhibit 20.

22

Earthbeat: the underground cèilidh

Artist Geraldine Cox, Dancer Emma Bellerby and Imperial Fungal Network

Workshops will run 18.20–19.00, 19.20–20.00 and 20.20–21.00

Form new connections with the life-filled world beneath our feet through the most social of dance forms. No dance experience required!

Exhibits

3

Hormone highs and lows

Channa Jayasena, Department of Metabolism, Digestion and Reproduction

Discover the wellbeing ups and downs of taking testosterone through a playful game of snakes and ladders.

4

Healing words: understanding sickle cell

Invisible Warrior Project

Learn about sickle cell disease's effects on physical and mental health while you make a card with well wishes for those affected by it.

5

Let's talk periods

Josefin Ahnstroem, Department of Immunology and Inflammation

Challenge stereotypes and stigma around periods and their impact on wellbeing.

6

Would you get sick for science?

Mike Darkes, MUSICC project

Chat to researchers running human challenge studies and find out how we can power our immune systems to stop diseases like COVID-19 even infecting us.

7

Water detectives

Department of Civil and Environmental Engineering

Test the quality of water from popular swimming spots as you learn about the wellbeing benefits of wild swimming.

8

Age backwards, sleep better

Nir Grossman, Department of Brain Sciences

Find out what happens in your brain when you fall asleep to hack the secrets to a good night's rest.

9

Walking through the ages

MSk Lab

Test your gait and balance using movie-making technology to see what it tells you about the health of your bones and muscles.

10

The power of green spaces

Islam Elzaidi and Sustainable Imperial

Have a chat to researchers about the importance of spending time in nature for wellbeing and have a go at designing your dream green space.

11

Climate change and mental health

Climate Cares Centre

Pin your emotions on the climate emotions wheel and have your say on which climate actions are most important.

12

Brainwaves and fractals

Centre for Psychedelic Research

Don an EEG headset and watch your own brainwaves turn into live fractals.

13

Drugs in the brain

Danielle Kurtin, Department of Brain Sciences

What happens in your brain during drug use? And what about when it becomes an addiction? Chat to brain imaging experts to find out!

14

Climate-friendly pop-up kitchen

Grantham Institute – Climate Change and the Environment

Pop by for a tasty treat that is healthy for your body and for the planet as you talk to researchers about the climate-friendly foods of the future.

17

Spot the false wellness headlines!

I, Science magazine

Put your critical thinking to the test with this game – which news headline is true, and which is fake news?

20

The future of dentistry

Arcus Dental

Test out their brand-new prototype and give your feedback on the world's first digital check-up device.

DJ

The Rhythm Studio

Enjoy tunes from our students at the Rhythm Studio under expert supervision of DJ WheelUp.

Spaces

Calm space

Feeling overwhelmed? Here you will find items to help with regulation and sensory needs like colouring in, eye masks and ear defenders.