



100



UNIVERSITÀ  
DEGLI STUDI  
DI MILANO

1924 · 2024

# SCIENCE IN THE STREET

Organized by the FEBS Science and Society Committee

 Aula 208, University of Milano  
Via Festa del Perdono, 7

Monday, 1 July 2024

19.30-21.30 

THE IMPORTANCE OF DOING  
THE RIGHT THING AT THE RIGHT TIME.  
HOW THE CIRCADIAN RHYTHMS IMPROVE  
THE QUALITY OF LIFE

19.30 - 20.00

Get together with a light aperitif at the Courtyard of '700  
*Refreshments are available on a "first come first served" basis*

20.00-20.30

**The rhythms of life:  
How our internal clock regulates health and well-being**

**Kramer Achim**

Laboratory of Chronobiology, Charité - Universitätsmedizin Berlin  
Berlin, Germany

20.30-21.00

**The importance of being rhythmic:  
keeping your body metabolism in synchrony**

**Dibner Charna**

Division of Endocrinology, Diabetes and Nutrition, Geneva University Hospital  
Geneva, Switzerland

21.00

*Discussion*

ORGANISING SECRETARIAT



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Mining biochemistry  
for human health and well-being

CONGRESS

Federation  
of European  
Biochemical  
Societies

MILANO  
Italy

29 June - 3 July 2024

Allianz MiCo - Milano Convention Centre