



**DANONE  
NUTRICIA  
RESEARCH**

**Sunday 17<sup>th</sup> May, 2015 • 12:30 - 1:30 pm**  
**ROOM 416/417 PACIFICO YOKOHAMA CONVENTION CENTER**

# HYDRATION: FROM DAILY INTAKE HABITS AND ASSESSMENT TO COGNITION AND MOOD

## **SESSION CHAIRED BY:**

**Laurent Le Bellego, Ph.D,**

Head of Hydration and Health Affairs, Danone Nutricia Research, France

## **FLUID INTAKE HABITS IN ASIAN COUNTRIES: WHAT DO WE KNOW?**

**Saptawati Bardosono, Ph.D,**

Faculty of Medicine, University of Indonesia, Jakarta, Indonesia

## **ASSESSING HYDRATION IN ADULTS AND CHILDREN**

**Stavros A. Kavouras, Ph.D, FACSM, FECSS,**

Associate Professor, Department of Health, Human Performance and Recreation University of Arkansas, USA

## **INFLUENCE OF HYDRATION ON COGNITIVE PERFORMANCE AND MOOD**

**Nathalie Pross, Ph.D,**

Head of neurocognition department, Biotrial Neurosciences, Biotrial, France

## **Q&A SESSION**

*Lunch will be provided*



**7<sup>th</sup> Hydration Scientific Conference, Evian France**

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