



Dr. Monica Santarossa is an Occupational Health Physician and a certified instructor of Mindfulness-Oriented Meditation (MOM). She holds a Master in Meditation and Neuroscience from the University of Udine and a Master in Nutrition and Dietetics from the Marche Polytechnic University. During her Residency at the Clinical Unit of Occupational Medicine, Department of Medical Sciences (University of Trieste), she focused on promoting health, safety and well-being in the workplace, managing occupational hazards and risks and ensuring legal compliance with occupational health regulations. She provided medical surveillance especially for health-care professionals and University employees and performed medical examinations, including physical assessment and tests, to detect signs of work-related diseases in patients exposed to various occupational hazards, such as asbestos, noise, chemicals, hand-harm vibrations, and ergonomic risks. She also contributed to the clinical research of the Department, especially in the field of occupational allergy. As a Medical Doctor, her purpose is to help people to prevent, manage and even reverse chronic diseases, through the evidence-based approach of Lifestyle Medicine, promoting to adopt and maintain healthy behaviors. By combining her expertise in occupational health, mindfulness and nutrition she can provide a multidisciplinary care to individuals, educate communities and help to create healthier work environments that support overall well-being. At the University of Udine, she collaborates on the educational project “Educazione alla consapevolezza nelle scuole del FVG con la MOM - Meditazione Orientata alla Mindfulness”, aimed at bringing mindfulness programs into school settings.

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