

MILAN LONGEVITY SUMMIT[®]

Excercizing Longevity

Strengthening health,
extending life.



PATROCINIO
Comune di
Milano

EDITION
2025

Milan Longevity Summit 2025: Practicing Longevity

Following the success of the 2024 Summit, hailed as “the most authoritative event in the field,” the 2025 edition will push the conversation on longevity and innovation even further. This year, we honor the legacy of Viviana Kasam, a visionary advocate for science and neuro-research, whose impact continues to inspire.

With talks by Nobel Laureates and leading experts, the Summit aligns with the United Nations’ Decade of Healthy Aging, transforming Milan into a citywide health and wellness hub. Attendees will engage in hands-on workshops and explore cutting-edge strategies at the intersection of longevity, health, and science.



“ Viviana was not only a loving friend, sister, mother, and grandmother, but also a passionate advocate for the betterment of mankind. She was a beautiful flower, continuously blossoming and enriching the lives of those around her. The immensely strong love she had for her family, friends, and pursuits will continue to radiate through generations. An iconic influence, Viviana’s legacy remains everlasting in the hearts and souls of all those she touched.

We miss you so much, Vivi.

With love,
Alexis, Beth, Nico, Stella, Matteo

The Scientific Committee



Alberto Beretta
Presidente



Nir Barzilai



Daniela Perani



Ana Erat



Nic Palmarini



Vittorio Sebastiano



Juan Carlos Izpisúa Belmonte



Maria Pia Abbraccio



Camillo Ricordi



Antonella Santicione Chadha



Valerio Orlando



Alberto Carrara

Heartfelt Gratitude

We extend our deepest appreciation to our esteemed Scientific, Honorary, and Organizing Committees for their dedication, expertise, and hard work in making the Milan Longevity Summit a reality. Your commitment to advancing the science of longevity and bringing together thought leaders from around the world has been truly invaluable.

This summit would not have been possible without your tireless efforts, passion, and vision. Thank you for shaping an event that fosters innovation, collaboration, and progress in the pursuit of longer, healthier lives.

With gratitude,
BrainCircle Italia

Organizing Committee

Sharon Cittone, CEO, Edible Planet Ventures

Marta Bocchicchio, CEO, Roma Congressi

Niccolò Invidia, Director, AEON Foundation

Elisabetta Neuhoff, CEO, Close To Media

Caroline Gatti, CEO, ODARA Marketing

Adele Toschi, BrainCircle Italia

Elisa Rapisarda, BrainCircle Italia

Cristina Gagliardi, BrainCircle Italia

Marzia Fradusco, BrainCircle Italia

Sandro Ghini, BrainCircle Italia



Honorary Committee

Marilena Citelli Francese
President, BrainCircleItalia

Francesco Billari
Rector, Università Bocconi

Marina Marzia Brambilla
Rector, Università degli Studi Milano

Kazzam Alexis
CEO, Junction Ventures

Stefano Genco
Head of Nuance Audio

Daniele Schwarz
CEO, Gruppo MultiMedica

Jan Shadrack
Vice President of Neuroscience
Global Medical Affairs, Roche

Anna Rosa Racca
President, Federfarma

Emidio Croce
Managing Director, Filorga

Joelle Afflalo
Chairwoman, Fondazione Matanel

Guido Cornettone
CEO, Solongevity

Paolo di Grazia
Deputy General Manager and Head
of Global Business, Fineco

Vitalba Paesano
Editor, Grey Panthers

Tiziana Mele
Managing Director, Lundbeck Italia

Alessandro Binello
CEO, Quadrivio

Anna Rosa Racca
President, Federfarma

Laura Bruno
People & Culture Director,
Sanofi Italy

Nerio Alessandri
President, Technogym

Giovanna Gigliotti
CEO, Unisalute

Nicola Marino
Director, AEON Foundation

Vincenzo D'Anna
President, Federazione Italiana
Biologi

Organizers



Fondazione
SoLongevity.



CLOSE 3 MEDIA

Art Cloud Network
international

Teatro Franco Parenti
Dal 1972. Fondato e diretto da Andrée Ruth Shammah

**Triennale
Milano**

SPACES.

PLATINUM PARTNER



FINECO

GOLD PARTNERS



SILVER PARTNERS



BRONZE PARTNERS



PARTNERS

PATRONAGE



UNIVERSITÀ
DEGLI STUDI
DI MILANO



Università
Bocconi
MILANO



POLITECNICO
MILANO 1863



F-LOMBARDA
Associazione chimica farmaceutica
Lombarda tra titolari di Farmacia



LILT
LEGA ITALIANA PER LA LOTTA CONTRO I TUMORI
prevenire è vivere

FOUNDATIONS



Fondazione
Luigi Rovati



EMIT Feltrinelli
FORMAZIONE PER IMPRESE E CITTADINI



FONDAZIONE
VALTER LONGO
La nutrizione cambia la vita



SUPPORTING PARTNERS



CAMMINATA
METABOLICA
L'esercizio guidato che ti fa nascere



Capsula

Kaumātua



MEDIA PARTNERS



Con il contributo di



21 MARCH



**UNIVERSITÀ DEGLI STUDI DI MILANO
STATALE**



CELLULAR SPRINGTIME



10:00 - 10:50
OPENING

Marina Brambilla, Rector, Università degli Studi di Milano

Sen. Maria Alessandra Gallone, Consigliere Delegato, Ministero dell'Università, della Ricerca e dell'Alta Formazione Artistica

Robert Giovanni Nisticò, President, Italian Medicines Agency - AIFA

Anna Scavuzzo, Deputy Mayor, City of Milano

Marilena Citelli Francese, President, BrainCircleItalia

Alberto Beretta, President Scientific Committee, MLS



10:50 - 11:30
KEYNOTE

Recent Progress in IPS Cell Research and Application

Keynote Lecture by Shinya Yamanaka, Nobel Prize, Director Emeritus/ Professor Center for iPS Cell Research and Application (CiRA), Kyoto University, Japan

Presented by: Vittorio Sebastiano, Associate Professor of OBGyN Stanford University



11:30 - 13:00
TALK

Cellular Reprogramming for Longevity: Breaking New Frontiers

Fabrizio d'Adda di Fagagna, Principal Investigator, IFOM Milano, Chair

Maria Carolina Florian, Group leader, Research professor, IBIDELL and ICREA
Rejuvenating Aged Stem Cells: Therapeutic Strategies To Extend Health And Lifespan

Vittorio Sebastiano, Associate Professor of OBGyN Stanford University
The Ovary And Its Secrets To Longevity

Valerio Orlando, Professor of Epigenetics, Head King Abdullah University of Science and Technology -KAUST
The Yin Yang of Repetitive RNA in Aging and Tissue Regeneration

Fabrizio d'Adda di Fagagna, IFOM Milano
Telomere Biology in Aging



13:00-14:00
NETWORKING LUNCH



14:30 - 15:30
FIRESIDE CHAT

Investing in Longevity: Shaping the Future of Health and Wealth

Nerio Alessandri, Founder and CEO, Technogym and the Wellness Foundation

Stefano Malagoli, Partner, Silver Economy Fund, Quadrivio Group

Stefano Genco, Global Head of Nuance Audio

Fabio Bergamini, Strategic Regional Projects Head ITALY, Sanofi



15:30 - 17:00
TALK

Longevity for All: The Interplay of Epigenetics and Environment

Chair: Antonella Santucci Chadha, Founder and CEO, Women's Brain Foundation

Valentina Bollati, Full Professor University of Milano Statale
Epigenetics: The Influence Of Lifestyle On Aging

John Wong, Isabel Chan Professor in Medical Sciences, Executive Director, Centre for Population Health, National University of Singapore; Senior Advisor, National University Health System, Singapore
Demographic Change: the Time to Act is Now

Elia Biganzoli, Full Professor of Medical Statistics University of Milano Statale
Responsible Artificial Intelligence to Study the Effects of the Environment on our Epigenome

Camillo Ricordi, Director Cell Transplant Center and Director Emeritus, Diabetes Research Institute
Healthy Living for Healthy Aging

Final Considerations

Vincenzo D'Anna, President of Federazione Nazionale dell'Ordine dei Biologi



17:20
CLOSING REMARKS

Closing remarks by **Valerio Orlando**.

22 MARCH



FONDAZIONE LA TRIENNALE



BRAIN CIRCLE
ITALIA



**MILAN
LONGEVITY
SUMMIT**

CHALLENGING THE CLOCK OF TIME



10:00 - 10:25
OPENING

Lamberto Bertolè, Deputy Mayor for Welfare and Health, City of Milano
Stefano Boeri, President, La Triennale Foundation



10:25 - 11:00
KEYNOTE

An Outsider's Thoughts on Current Prospects in Longevity Research

Venkatraman Ramakrishnan, Nobel Prize, Programme Leader MRC Laboratory of Molecular Biology
Presented by: Alberto Beretta, Scientific Director, Solongevity



11:00 - 12:35
TALK

From Cells to Solutions: Innovations in Longevity Science
Chair: Antonella Santucci Chadha, Founder and CEO Women's Brain Foundation

Naomi Habib, Professor Hebrew University of Jerusalem
What Single Brain Cells Teach Us About Healthy Aging

Jin-Dong Jackie Han, Professor, Peking University
Ethnic-Related Aging Rate Modification

George Kuchel, Professor and Chair, UConn Center on Aging - University of Connecticut
Repurposing Existing Drugs for Longevity

Dani Bach, Managing Partner Limani Partners - HealthSpan Fund, Switzerland
Investing in HealthSpan, an Economic and Moral Imperative



12:35 - 13:00
TALK

What Is Aging And How Can We Slow It Down?

Momo Vuyisich, Co-founder, Chief Science Officer, and Head of Clinical Research Viome Life Sciences



13:00 - 14:00
NETWORKING LUNCH

LIFE SPAN VS. HEALTH SPAN: STRIKING THE BALANCE



14:00 - 15:00
PANEL

Driving Change: How Institutions Are Tackling the Longevity Challenge

Introduction by **Maria Pia Abbraccio** - Full Professor of Pharmacology, University of Milano

Giovanna Iannantuoni, Dean, University of Milano Bicocca and President of Rectors' Conference of Italian Universities
The Role Of Universities And Research Centers In The Longevity Challenge

Patrizia Toia, Former Member of the European Parliament, Vice President of the European Commission on Industry, Research and Energy (ITRE), member of the EU Panel on the Future of Science and Technology (STOA)
European Policies For Longevity And Inter-Generational Collaborations

Elena Bonetti, Former Ministry of Family Policies, current Member of the Italian Parliament and President of the Italian Parliament Commission on the effects of the demographic crisis
How To Make Longevity Sustainable In Light Of The Current Demographic Changes

Closing Remarks by **Maria Pia Abbraccio**



15:10 - 16:00
KEYNOTE

Life Span vs Health Span: Challenges and Opportunities

Introduction by **Ludovico Baldessin**, Chief Executive Officer, EDRA S.p.A. Chair, Italy

Eileen Crimmins, AARP Professor of Gerontology, Davis School of Gerontology, University of Southern California

Presented by **Francesco Billari**, Rector, Bocconi University of Milano, Italy



16:00 - 18:00
PANEL

Brain Health: The Key to Extending Health Span and Life Span powered by Lundbeck Italia

Opening by **Thomas Bo Bjørn Klee**, Senior Vice President, Major Europe & Canada, Lundbeck, Denmark

John Wong, Isabel Chan Professor in Medical Sciences, Executive Director, Centre for Population Health, National University of Singapore; Senior Advisor, National University Health System, Singapore
From Global Roadmap to Township Implementation

Monica DiLuca, Professor of Pharmacology, Vice-Rector for Research, University of Milano, Italy, President of the Italian Society for Neuroscience, Italy
A Lesson From The Past: Breaking Silos In Brain Space

Alessandro Padovani, Director of the Institute of Neurology, Director of the Institute of Clinical Neurology, Director of the University Department of Clinical and Experimental Sciences, Università degli Studi di Brescia, President of the Italian Neurology Society, Italy
Life Span Vs. Health Span: Striking The Balance In Neurology

Alberto Siracusano, Coordinator of the Ministerial Technical Working Group for Mental Health, Ministry of Health, Italy
One Mental Health And Salutogenesis: The Genesis Of Life-Long Well Being

Nicola Palmarini, Director UK's National Innovation Centre for Ageing, Newcastle

Claudio Bassetti, Dean, Faculty of Medicine Department of Neurology, Inselspital Bern, University Hospital, University of Bern, Switzerland
The Swiss Brain Health Plan (Sbhp): A Model For The Development Of National Brain Plans

Morten Lorenzen, Danish Brain Injury Association, and Vice President and co-founder of The Danish Brain Council, Denmark
From A Fragmented Group With A Weak Voice To A Unified Group With A Powerful Voice - The Creation Of The Danish Brain Council.

Closing remarks by Ludovico Baldessin, Chief Executive Officer, EDRA S.p.A. Chair, Italy

24 MARCH



APRA - VATICAN - ITALY



VATICAN LONGEVITY SUMMIT



15:30
OPENING

Vincenzo Paglia, President, Pontificia Accademia per la Vita
Giulio Maira, Founder and President Atena Foundation



15:30 - 16:00
KEYNOTE

Recent Progress in iPS Cell Research and Application
Presented by: Juan Carlos Izpisua Belmonte

Shinya Yamanaka, Nobel Prize, Director Emeritus/Professor Center for iPS Cell Research and Application (CiRA), Kyoto University, Japan

An Outsider's Thoughts on Current Prospects in Longevity Research
Presented by: Valerio Orlando

Venki Ramakrishnan, Nobel Prize, Programme Leader MRC Laboratory of Molecular Biology



14:00 - 15:00
PANEL

Moderated by Prof. Nir Barzilai

Juan Carlos Izpisua Belmonte, Founding Scientist and Director, San Diego Institute of Science
How Yamanaka factors affect longevity prospects

Valerio Orlando: Professor of Epigenetics, Head King Abdullah University of Science and Technology KAUST
The Yin Yang of Repetitive RNA in Aging and Tissue Regeneration

Vittorio Sebastiano, Associate Professor of OBGYN Stanford University
The Ovary And Its Secrets To Longevity

Valentina Bollati, Principal Investigator, Università degli Studi di Milano Statale
Not Just Genes: Behavior Can Also Help You Live Healthy

Eileen Crimmins, AARP Chair, University of Southern California, University of California, Los Angeles
The Challenge Between Lifespan And Healthspan

Camillo Ricordi, Scientific Director, Diabetes Research Institute of Miami, University of Miami
What Models For Longevity?

Conclusions: From Methuselah To Us: What's Next?

Nir Barzilai, Director, Institute for Aging Research at the Albert Einstein College of Medicine, Director of the Paul F. Glenn Center for the Biology of Human Aging Research and of the National Institutes of Health's (NIH) Nathan Shock Centers of Excellence in the Basic Biology of Aging.



In a remarkable collaboration, the Pontifical Academy for Life at the Vatican will host the inaugural Vatican Longevity Summit on March 24, 2025, as part of the Jubilee celebrations.

Prepare for a day of bold ideas, cutting-edge insights, and visionary discussions at the intersection of longevity and human potential—all in the unparalleled setting of the Vatican.

26 MARCH



TEATRO FRANCO PARENTI

CODES OF LONGEVITY: THE BIOMARKERS OF AGING



10:00 - 11:00
OPENING/KEYNOTE

Valter Longo, Edna Jones Professor in Gerontology and Professor in Biological Science, Director of the USC Longevity Institute
Fasting Mimicking Diet, Multi System Regeneration and Disease Keynote

Andrea Cipriano, Faculty Instructor at Stanford School of Medicine, Executive Committee Member of the Biomarker of Aging Consortium
Updates to the Biomarkers of Aging Consortium: New Insights, Ongoing Challenges, and our Path to Develop Reliable Aging Biomarkers



11:00 - 11:40
PANEL

The Future Of Med Through Longevity: High-Level Pops

Giorgio Calori, Scientific Chairman, ESTROT
Silvio Garattini, Founder, Mario Negri Institute for Pharmacological Research
Matteo Bassetti, Head of the Infectious Diseases Clinic of the Policlinico San Martino University Hospital, Full Professor of Infectious Diseases
Loreto Gesualdo, President FISM - Federation of Italian Medical-Scientific Societies



11:40 - 12:00
PANEL

The Rise of Longevity Medicine: Impacts on Health Providers and Payers

Giovanna Gigliotti, Chief Executive Officer, UniSalute - Unipol
Stefano Massaro, Chief Executive Officer, CERBA Healthcare Italia
Nino Cartabellotta, President, GIMBE Foundation



12:00 - 12:30
TALK

Fit for Longevity: Training and Fitness Optimization

Andrea Marchini, Director of Medicine, J | Medical - Juventus
Tom McCoy, Chief Executive Officer, CrossFit, Co-Founder and Clinical Director McCoy Medical
Matteo Pozzati, Country Manager CrossFit



12:30 - 13:00
TALK/PANEL

The Gut-Longevity Link

Momo Vuyisich, Co-Founder, Chief Science Officer and Head of Clinical Research, Viome Life Sciences
Maria Rescigno, Humanitas
Edoardo Mocini, PhD Endocrinology and Metabolism
Enej Kuscer, Co-Founder of The NU



13:00 - 13:30
PANEL

Unlocking the Future of Aging: The Standardization of Biomarkers

Simone Fantaccini, Chief Scientific Officer, Novartis Pharma Schweiz
Marco Demaria, Full Professor of Cellular Aging, UMCG and ERIBA
Fabrizio d'Adda di Fagnana, Principal Investigator, IFOM Milano
Austin Argentieri, Researcher, Harvard University and Broad Institute



13:30 - 14:10
LUNCH BREAK & LONGEVITY NETWORKING



14:10 - 14:30
PANEL

Biohacking: Hype or Hope

Salvatore Aranzulla (Tech Educator & Influencer)



14:30 - 15:00
PANEL

Innovating Longevity Med

Carlo Rinaldi, Chief Marketing Officer, Humans.Tech
Pierluigi Gallucci, Influencer and Founder, LinFit
Giuliano Talò, Co-Founder, BlueHys
Marco Menichelli



15:00 - 15:45
PANEL

From Science to Policy: Building Global Consensus on Longevity Standards

David Della Morte, Advisor at Ministry of University and Research
Gudrun Kugler, OSCE and Member of the Austrian Parliament, Austria
Mario Furore, Member of the European Parliament, Italy
Antonella Santucci Chada, Founder and CEO Women's Brain Project Foundation



15:45 - 16:25
PANEL

Setting The Benchmark: Biomarkers And The Future Of Cliniques

Abigail Goshen, Chief Scientific and Innovation Officer, Sheba Longevity Center
Anna Erat, Specialist for General Internal Medicine Interdisciplinary Focus Sports Medicine (SEMS), University Hospital Zurich
Nicole Sirotni, Chief Executive Officer, Institute for Healthier Living, Abu Dhabi



16:25 - 16:35
TALK

Longevity Tech & Startups: Innovation, Investments, and Corporate Collaboration

Elena Massucci, Managing Director, Startupbootcamp



16:35 - 17:10
PANEL

Longevity Investments: Financing The Future Of Medicine

Andrea Ghirardi, President, L-Nutra Europe and CEO of LNI
Marco Quarta, Co-Founder and Chief Scientific Officer, Rubedo Life Sciences
Paolo Binetti, VitaDAO



17:10
PANEL

Merging Opportunities: The Case For Longevity In Space

Giovanni Marfia, Director MD, CEMATA, Aeronautica Militare
Molly Mulligan, Director of Business Development, Redwire Space
Jose Salgado, Chief Marketing Officer, Space Commerce Matters
Walter Villadei, ITAF Representative In The Us For Activities Of Access To Space Within The Commercial Spaceflight

Fondazione
SoLongevity.

27 MARCH



TEATRO FRANCO PARENTI



BRAIN CIRCLE
ITALIA



**MILAN
LONGEVITY
SUMMIT**

SOCIETY IN THE ERA OF LONGEVITY



09:00 - 10:15
OPENING/PANEL/TALK

Introduction by Alberto Beretta, Solongevity and Maria Pia Abbracchio, University of Milano

Panel: New Longevity Scenarios

Chair: Nicola Palmarini, Director, UK's National Innovation Centre for Ageing (NICA)

- *The City Of Longevity: An Update*
- *Longevity: New Parameters Of Sustainability*
- *The Role Of Ai: The Digital Twin*

Young People And Health, Why Is GenZ Different

Talk by **Valentina Meli** - Gen Hub Lead of Kantar Media



10:15 - 12:00
PANEL

The Future of Work in the Age of Longevity

Alessandra Giordano, Employability Director and Career Development, INTOO

Emanuela Notari, Longevity Strategist, INTOO

Isabella Pierantoni, Founder, Generation Mover



12:00 - 13:00
PANEL

The Evolution Of Products And Services For Longevity

Guido Cornettone, CEO, SoLongevity

Emidio Croce, Managing Director, Filorga Italia

Andrea Ghirardi, CEO & President Europe | Group COO / CCO, L-Nutra

Maurizio De Palma, CEO & Co-Founder, Cocooners

Marco Brugnoli, CEO, Cosmed

Elena Bianchi, Head of Product & Key Account Manager, Neosperience Health

Stefano Genco, Head, Nuance Audio

Alessandro Garibaldi, Head of Brand and Communications, Virgin Active Italia



13:00 - 14:00
LUNCH BREAK



14:00 - 15:30
PANEL

Femgevity: The New Perception Of Female Aging

Onorevole **Martina Semenzato**

Ilaria Picazio, Marketing Director Filorga

Emanuela Notari, Longevity Strategist
Women's Social And Economic Impact

Giuseppe Mazza, Founder e Creative Director, Tita
Longevity in the Media: Rethinking Advertising and Communications



15:30 - 16:20
TALK/PANEL

The Science of Longevity: Advancing Italian Research
Introduction by **Alberto Beretta**

The Longevity Prize

Introduction: **Eleonora Selvi**, President Longevity Foundation
Presentation By A Young Student Winner Of Longevity Prize – First Place

Closing remarks: Alberto Beretta and Maria Pia Abbracchio



16:20 - 17:20
TALK/PANEL

The AGE-IT Consortium: The Largest Italian Academic Cluster Of Longevity Sciences

Prof. Daniele Vignoli, Full Professor Department of Statistics, Informatics, Applications 'G. Parenti' (DiSIA), Firenze

Prof. Vincenzo Galasso, Vincenzo Galasso, Full Professor of Economics, Università Bocconi, Milano

Prof.ssa Cecilia Tomassini, Full Professor in Demography Università del Molise

Dott. Fabrizio d'Adda di Fagagna, Principal Investigator, IFOM Milano



17:20
TALK/PANEL

CVRisk-it: The Italian Project For Cardiovascular Risk Assessment

Prof. Lorenzo Menicanti – President of the Italian Cardiologic Network of IRCCS

Emanuele Di Angelantonio, Director of Health Data Science Research Centre, Human Technopole

Closing remarks: Alberto Beretta and Maria Pia Abbracchio

Fondazione
SoLongevity.

28 MARCH



TEATRO FRANCO PARENTI



BRAIN CIRCLE
ITALIA



**MILAN
LONGEVITY
SUMMIT**

BRIDGING RESEARCH AND PRACTICE



09:00 - 11:40
OPENING/TALK

The Science of Longevity: Unlocking the Secrets to a Longer Life

Chair: **Alberto Beretta**, Solongevity

Inflammation and Aging: Understanding the Connection for Better Health

Pedro Carrera Bastos, Director, Health Data Science Research Centre, Lund University, Sweden
Exposome and Inflammaging

The Longevity Genes

Paolo Garagnani, Associate Professor General Pathology Department of Medicine and Surgery (DIMEC), University of Bologna
The Genetics Of Centenarians To Disentangle The Complexity Of Human Longevity

Marco Sandri, Full Professor, Department of Biomedical Sciences, University of Padova and Principal Investigator, Veneto Institute of Molecular Medicine
Bioenergetics And Transcriptional Regulation In Aging

Fabio Sallustio, Associate Professor in Applied Medical Technical Science, Department of Precision and Regenerative Medicine, University of Bari
The Role Of The Anti-Aging Protein Alpha-Klotho In Cell Senescence: Longevity From The Kidneys

Annibale Puca, Research Group Leader at IRCCS Multimedica
LAV-BPIFB4: the Longevity Protein

Keynote: The New Generation Of Epigenetic Clocks

Steve Horvath, Principal investigator Altos Lab-Cambridge UK and Member of the International Academy for Health and Lifespan Research
Interventions To Reverse Epigenetic Aging In Humans: Evidence And Implications For Healthspan

The Longevity Prize

Introduction: **Eleonora Selvi**, President Longevity Foundation

Presentation: A young student, second-place winner of the Longevity Prize



11:40 - 14:00
TALK

Longevity Science In Clinical Practice 1

Chair: **Mago Clerici** - Full Professor, Department of Pathophysiology and Transplantation

Alberto Beretta, Scientific Director, Solongevity
Hallmarks Of Aging and Precision Medicine: The Role Of AI

Daniela Perani, Full Professor of Neuroscience at Università Vita-Salute San Raffaele, Milano
Brain Aging And Prevention

Alessandro Martino, Full Professor, Neuroscience Department, Università di Padova

Silvano Zanuso, Technogym Medical Scientific Department Director and Adjunct Associate Professor Edith Cowan University (Perth - AU)
How Many Ages Do We Know? From Epigenetics To Functionality



14:00 - 15:40
TALK

Longevity Science In Clinical Practice 2

Chair: **Mago Clerici**, Full Professor Department of Pathophysiology and Transplantation, University of Milan

Lidia Daimiel, Group Leader of the Nutritional Control of the Epigenome Group, IMEDEA Food
How To Personalize Diets To Improve The Biomarkers Of Aging

Hellas Cena, Pro-Rector of the Third Mission of the University of Pavia; Head of the Clinical Nutrition and Dietetics Service, Unit of Internal Medicine and Endocrinology, ICS Maugeri

Arrigo Cicero, University of Bologna, SINUT President
Nutraceuticals: Philosophy, Empiricism and Evidence-based Approach

Nicola Giacché, Project Leader, Tes Pharma
NAD+: Between Fountain Of Youth And Reality

Camillo Ricordi, Director Cell Transplant Center and Director Emeritus, Diabetes Research Institute
The Wizard of Oz(emic): The Therapeutic Revolution Of Glp-1 Ra To Defeat The Inevitable And Improve Your Health



15:40 - 17:00
TALK

Longevity For All

Chair: **Hellas Cena**

Francesco Landi, Full Professor and Director of Internal Geriatric Medicine Unit, Fondazione Policlinico Universitario Agostino Gemelli IRCCS, Roma
From the SPRINTT Project To The Longevity Run: Possible Politics For A Longevity For All

Giuseppe Iannocari, Neuropsychologist, Adjunct Professor Università di Milano Statale and Founder of Assomensana
The 10 Pillars Of An Efficient Brain: Guidelines For A Healthy Longevity

Giuseppe Banderali, Director of Pediatrics at San Paolo Hospital, Milano
Longevity Starts At Childhood

Closing remarks by Alberto Beretta

Fondazione
SoLongevity.

29 MARCH



TEATRO FRANCO PARENTI



BRAIN CIRCLE
ITALIA



**MILAN
LONGEVITY
SUMMIT**

LONGEVITY MEDICINE FOR ALL: A NEW ERA OF HEALTH



09:00 - 10:30
OPENING/PANEL

Femgevity: Harmony In Menopause And Female Longevity

Introduction by **Alberto Beretta**

Hellas Cena, Pro-Rector of the Third Mission of the University of Pavia; Head of the Clinical Nutrition and Dietetics Service, Unit of Internal Medicine and Endocrinology, ICS Maugeri IRCCS
Gender Nutrition: Empowering Women's Health Through Evidence And Awareness

Rossella Nappi, Full Professor of Obstetrics and Gynecology, Chief of the Research Center for Reproductive Medicine and Gynecological Endocrinology-Menopause Unit, IRCCS San Matteo Foundation, University of Pavia
Women's Health: Menopause Or Age?

Roberta Rossi, Psychologist, Psychotherapist and Clinical Sexologist, Sexology Clinic Institute, Rome
The Couple After Menopause

Francesca Baglio, Neurologist, Don Gnocchi Foundation in Milan
Assessment Of Neurocognitive Deficit In Women



10:30 - 11:40
TALK

New Technologies For Precision Medicine

Matteo Carboneschi, CEO, Next Genomics
The Genetics of Estrogens: Secrets for a Long and Healthy Life

Stephanie Tuminello, Instructor, Icahn School of Medicine at Mount Sinai
Epigenetic Clocks And Environmental Medicine

Francesco Chiara, Head of R&D, CrescendoCare
Metabolomics In Clinical Practice



11:40 - 13:00
TALK

Clinics Of Longevity: Pioneering Care For A Longer, Healthier Life

Joanna Bensch, Founder and CEO of the Longevity Center, Europe (and Longevity Group SA)

Alberto Cerasari, Medical Director, Solongevity Clinic
Measure - Know - Modify

Nicola Triglione, Cardiologist, Solongevity Clinic
Basic Rules Of Cardiovascular Prevention

Francesco Santangelo, Neurologist, Solongevity Clinic
Assesment Of Neurocognitive Deficit

Ilaria Bertini, RD Dietitian, Solongevity Clinic
The Continuous Glucose Monitoring (CGM) In The Management Of Metabolic Disorders



13:00 - 14:30
LUNCH BREAK



14:30 - 16:00
TALK

Regenerative And Enhancing Medicine: Advancing Health And Longevity

Carlo Tremolada, Scientific Director and Co Founder Image Institute
Regenerative Surgery Today: Not A Hope, A Reality

Thomas Michaelsen, Median Clinic
Intermittent Hypoxia/Hyperoxia Treatment (IHHT) In Long Covid Rehab

Claudio Tavera, MD, Potenziativa Medical Center
Systemic Intravenous Ozone Therapy: A Promising Therapeutic Module within Longevity Medicine Programs

Roberta Costanzo, MD, Solongevity Clinic
Infusional Therapies And Potentiative Medicine

Valerio Solari, MD Solongevity, Clinic
An Update On Nutraceuticals For Healthy Longevity



16:00 - 16:40
PANEL

Skin Longevity: Beauty and Health During Aging

Alberto Beretta, President Scientific Committee Milan Longevity Summit, President and Scientific Director SoLongevity

Rosanna Catizzone, Aesthetic Doctor and Secretary of SIME (Italian Society of Aesthetic Medicine)

Marco Papagni, Member of Scientific and Executive Committee of Agorà

Cristina Cassese, Cultural Anthropologist

Chair: Carmela Boccomino, Scientific Relations & Corporate Communication Manager, Filorga Italia



16:40 - 17:30
TALK

The Role of Sports In Healthy Longevity

Roberto Pusinelli, Athlete and Performance Coach, Undertraining, Como
Physical Exercise For Over 60: Strategies For An Active Longevity

Closing Remarks by Alberto Beretta

LABS

LABS

Saturday, March 22

🕒 All Day

Technogym Checkup

◆ Determine your "Wellness Age," a unique metric reflecting your overall physical and mental condition

📍 **Technogym, Via Durini**
💡 **Powered by: Technogym**

🕒 10:30 - 18:30

Healthy Choices, Longer Life

◆ An interactive experience exploring how lifestyle choices impact longevity

📍 **Triennale Milano**
💡 **Powered by: AIRC**

🕒 10:30 - 18:30

Your Health, Measured & Empowered

◆ Fast, scientific, and user-friendly health check-up

📍 **Triennale Milano**
💡 **Powered by: Polimi**

🕒 10:00 - 12:00

Metabolic Walking: Boost Your Fitness

◆ Discover how movement can transform your metabolism

📍 **Triennale Milano**
💡 **Powered by: Nevia Farè**

LABS

Sunday, March 23

🕒 All Day

Technogym Checkup

◆ Determine your "Wellness Age," a unique metric reflecting your overall physical and mental condition

📍 **Technogym, Via Durini**
💡 **Powered by: Technogym**

🕒 10:30 - 18:30

Your Health, Measured & Empowered

◆ Fast, scientific, and user-friendly health check-up

📍 **Triennale Milano**
💡 **Powered by: Polimi**

🕒 11:00 - 13:00

Writing for Longevity: The Healing Power of Words

◆ Use the power of words to strengthen your mind and creativity

📍 **Triennale Milano**
💡 **Powered by: BIOSCRITTURA**

🕒 11:00 - 12:30

Outdoor Calisthenics with Technogym

◆ Strength, mobility, and endurance training

📍 **Technogym Outdoor, Monte Merlo**
💡 **Powered by: Technogym**

🕒 10:00 - 11:30 / 14:00 - 15:30

Workshop: The Science of Art

◆ Exploring the impact of art and culture on well-being

📍 **Fondazione Luigi Rovati**
💡 **Powered by: Fondazione Luigi Rovati**

🕒 15:30 - 16:30

Smart Wearables: Track, Monitor, Thrive

◆ Innovations in wearable health technology

📍 **Triennale Milano**
💡 **Powered by: Polimi**

🕒 15:00 - 16:00

Kaumatua

◆ Discover how social engagement enhances longevity

📍 **Triennale Milano**
💡 **Powered by: Milano Altruista**

🕒 17:30 - 18:30

Sound Bath: Relax, Recharge, Rebalance

◆ Experience deep relaxation through sound therapy

📍 **Triennale Milano**
💡 **Powered by: Virgin Active & Edelman**

LABS

Monday, March 24

🕒 10:30 - 12:00

A Smile is Forever: The Key to Dental Longevity

◆ Understanding the importance of dental health for longevity

📍 **EMIT Feltrinelli, Milan**
💡 **Powered by: Grey Panthers & Poliedris**

LABS

Tuesday, March 25

🕒 All Day

Technogym Checkup

◆ Determine your "Wellness Age," a unique metric reflecting your overall physical and mental condition

📍 **Technogym, Via Durini**

💡 **Powered by: Technogym**

🕒 10:30 - 18:30

Give Back, Feel Great

◆ Discover how volunteering boosts well-being

📍 **Triennale Milano**

💡 **Powered by: Milano Altruista**

🕒 11:00 & 18:00

Ayurveda & Longevity: Daily Rituals for Vitality

◆ Learn how to cultivate balance and well-being through Ayurveda

📍 **Ayurvedic Point, Milan**

💡 **Powered by: Dr.ssa Chiara Mariani**

🕒 12:00 - 13:30

Ageless Impact: Redefining Longevity in the Digital Age

◆ Shaping an inclusive representation of age in social media

📍 **Edelman, Milan**

💡 **Powered by: Edelman**

🕒 15:00 - 17:00

Digital Health Made Easy

◆ How to use SPID and the Electronic Health Record effectively

📍 **EMIT Feltrinelli, Milan**

💡 **Powered by: Grey Panthers**

LABS

Wednesday, March 26

🕒 All Day

Technogym Checkup

◆ Determine your "Wellness Age," a unique metric reflecting your overall physical and mental condition

📍 **Technogym, Via Durini**

💡 **Powered by: Technogym**

🕒 All Day

Free Private Dental Check-ups & OPTest

◆ Get your free check-up

📍 **Various Locations around Milan**

💡 **Powered by: Poliedris & Grey Panthers**

🕒 15:00 - 17:00

E-commerce & Streaming Made Easy

◆ Learn to access digital content securely

📍 **EMIT Feltrinelli, Milan**

💡 **Powered by: Grey Panthers**

🕒 17:30

Designing Workspaces for Wellness & Productivity

◆ Discover how sustainable workplace solutions can boost your health

📍 **Copernico Milano Centrale**

💡 **Powered by: Spaces**

🕒 All Day

AEON Longevity Labs

◆ Check out the labs at AEON's Longevity day!

📍 **Teatro Parenti**

💡 **Powered by: AEON Foundation**

LABS

Thursday, March 27

🕒 All Day

Technogym Checkup

◆ Determine your "Wellness Age," a unique metric reflecting your overall physical and mental condition

📍 **Technogym, Via Durini**

💡 **Powered by: Technogym**

🕒 16:00 & 17:00

Posture & Osteopathy: Restoring Balance

◆ Improve posture and well-being through holistic approaches

📍 **Spaces Porta Nuova, Milan**

💡 **Powered by: Monica Norcini**

🕒 17:30 & 16:00

Smart Investments for a Long and Secure Future

◆ Discover financial strategies for longevity

📍 **Spaces - Milano Turati**

💡 **Powered by: Active Longevity Institute (A.L.I.)**

🕒 All Day

SoLongevity Longevity Labs

◆ Check out the labs SoLongevity has planned for you!

📍 **Teatro Parenti**

💡 **Powered by: SoLongevity**

LABS

Friday, March 28

🕒 All Day

Technogym Checkup

◆ Determine your "Wellness Age," a unique metric reflecting your overall physical and mental condition

📍 **Technogym, Via Durini**

💡 **Powered by: Technogym**

🕒 11:00 - 12:00

How Work Can Enrich Longevity

◆ Redefining the future of work and longevity

📍 **Edelman, Milan**

💡 **Powered by: Edelman Longevity Lab & Wisdom Circle**

🕒 15:00 & 16:30

Joy Moves

◆ Discover how ELDOA can transform posture and spinal health

📍 **Joy Moves, Milan**

💡 **Powered by: Joy Moves**

🕒 17:00 - 18:00

Guided Hypnotic Induction: Unlocking the Power of the Mind

◆ A transformative session exploring the mind through hypnosis

📍 **Spaces - Milan, San Babila**

💡 **Powered by: Dott. Fabrizio Luigi Ricardi**

🕒 All Day

SoLongevity Longevity Labs

◆ Check out the labs SoLongevity has planned for you!

📍 **Teatro Parenti**

💡 **Powered by: SoLongevity**

Saturday, March 29

🕒 All Day

SoLongevity Longevity Labs

◆ Check out the labs SoLongevity has planned for you!

📍 **Teatro Parenti**

💡 **Powered by: SoLongevity**



www.milanlongevitysummit.org