



MILAN
LONGEVITY
SUMMIT[®]



BRAIN CIRCLE
ITALIA

CELLULAR SPRINGTIME

Opening Remarks

10:00 am

Marina Brambilla, Rector, Università degli Studi di Milano**Anna Maria Bernini**, Minister, University and Research, Italy (TBC)**Anna Scavuzzo**, Deputy Mayor, City of Milano**Marilena Citelli Francese**, President, BrainCircleItalia**Alberto Beretta**, President Scientific Committee, Milan Longevity Summit

10:50 am

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, JapanPresented by: **Vittorio Sebastiano**, Associate Professor of OBGYN Stanford University

11:30 am

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*

2:30 pm

Networking Lunch

Fireside Chat - Investing in Longevity: Shaping the Future of Health and Wealth

Nerio Alessandri, Founder and CEO, Technogym and the Wellness Foundation**Stefano Malagoli**, Stefano Malagoli, Partner, Silver Economy Fund, Quadrivio Group**Stefano Genco**, Global Head of Nuance Audio, EssilorLuxottica**Fabio Bergamini**, Strategic Regional Projects Head ITALY, Sanofi21
MARCHUniversità Degli
Studi di Milano
Statale

3:30 pm

Longevity for All: The Interplay of Epigenetics and Environment

Chair: **Antonella Santuccione 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

5.10 pm

Closing remarks by Valerio Orlando.



22
MARCH
22**Fondazione La
Triennale**

CHALLENGING THE CLOCK OF TIME

10:00 am**Opening Remarks**

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

10:25 am**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**

11:00 am**From Cells to Solutions: Innovations in Longevity Science**

Chair: **Antonella Santuccioni 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 pm**Fireside Chat: 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

Networking Lunch

LIFE SPAN VS. HEALTH SPAN: STRIKING THE BALANCE

2:00 pm

Panel: Driving Change: How Institutions Are Tackling the Longevity Challenge

Introduction by **Maria Pia Abbracchio** - Full Professor of Pharmacology and Precision Medicine, Università degli Studi di Milano Statale

Giovanna Iannantuoni, Dean, University of Milano Bicocca and President of Rectors' Conference of Italian Universities CRUI

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 Abbracchio

3:10 pm

Life Span vs Health Span: Challenges and Opportunities

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

Keynote - Life Span vs Health Span: Challenges and Opportunities

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

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

BRAIN HEALTH: THE KEY TO EXTENDING HEALTH SPAN AND LIFE SPAN

4:00 pm

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, Università degli Studi di Milano Statale, President of the Italian Neuroscience Society, Italy

A Lesson from the Past: Breaking Silos in Brain Science

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, UK

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

con il contributo non
condizionante di





VATICAN LONGEVITY SUMMIT

24
MARCH
24

APRA

Opening

Vincenzo Paglia, President, Pontificia Accademia per la Vita

Giulio Maira, Founder and President Atena Foundation

Keynote - Recent Progress in iPS Cell Research and Application

Presented by: **Juan Carlos Izpisúa Belmonte**

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

Keynote - 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

Panel Moderated by Prof. Nir Barzilai

Juan Carlos Izpisúa 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**

Resetting the time of human dignity

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.



Please note: This is a draft program, and all content is subject to change

26
MARCH

Teatro Franco
Parenti

CODES OF LONGEVITY: THE BIOMARKERS OF AGEING

10:00 am

Opening

Keynote

Valter Longo, Edna Jones Professor in Gerontology and Professor in Biological Science, Director of the USC Longevity Institute.

Keynote

Andrea Cipriano, Faculty Instructor at Stanford School of Medicine, Executive Committee Member of the Biomarker of Aging Consortium

11:00 am

Panel - The Future Of Med Through Longevity: High-Level Povs

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 am

Panel -The Future of Med through Longevity: Implications for Health Sectors

Giovanna Gigliotti, Chief Executive Officer, UniSalute - Unipol

Stefano Massaro, Executive Committee, CERBA Healthcare Italia

Nino Cartabellotta, President, GIMBE Foundation

12:00 pm

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

1:00 pm

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 Fagagna, Principal Investigator, IFOM Milano

Austin Argentieri, Researcher, Harvard University and Broad Institute

Lunch Break & Longevity Networking

Biohacking: Hype or Hope

2:10 pm

Salvatore Aranzulla, Tech Educator & Influencer

Panel - Innovating Longevity Med

2:30 pm

Carlo Rinaldi, Chief Marketing Officer, Humans.Tech

Pierluigi Gallucci, Influencer and Founder, LinFit

Giuliano Talò, BlueHys

Marco Menichelli

3:00 pm

Panel From Science to Policy: Building Global Consensus on Longevity Standards

David Della Morte, Advisor at Ministry of University and Research, (TBC)

Gudrun Kugler, OSCE and Member of the Austrian Parliament, Austria

Mario Furore, Member of the European Parliament, Italy

3:45 pm

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 Sirotin, Chief Executive Officer, Institute for Healthier Living, Abu Dhabi(TBC)

4:25 pm

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

Elena Massucci, Managing Director, Startupbootcamp

4:35 pm

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

5:10 pm

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

27
MARCH
21

Teatro Franco
Parenti

NEW VISIONS FOR LONGEVITY: PIONEERING THE FUTURE OF AGING

9:00 am

Society in the Era of Longevity

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 for Sustainability
- AI and Digital Twins: Shaping the Future of Health and Longevity

Young People And Health, Why Is GenZ Different

Valentina Meli, Gen Hub Lead of Kantar Media

10:30 am

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 pm

The Evolution Of Products And Services For Longevity

Nuance Audio, TBA

Solongevity, TBA

Filorga, TBA

Neosperience, TBA

L-Nutra, TBA

Cocooners, TBA

Cosmed, TBA

1:00 pm

Lunch Break

2:00 pm

Panel - Femgeivity: The New Perception Of Female Aging

Onorevole Martina Semenzato,
Cinzia Polo,
Michela Taccola,
Emanuela Notari

Key Considerations in Today's Communications Landscape

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

3:30 pm

The Science of Longevity: Advancing Italian Research

Introduction by **Alberto Beretta**

The Longevitas Prize

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

Presentation by a young student winner of Longevitas Prize – first place

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

Panel

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 University of Molise, Italy

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

CVRisk-it: The Italian Project For Cardiovascular Risk Assessment

Panel

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

Emanuele Di Angelantonio - Human Technopole

Closing remarks: Alberto Beretta and Maria Pia Abbraccio

LONGEVITY: BRIDGING RESEARCH AND PRACTICE

9:00 am

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, Lund University, Sweden

Exposome and Inflammaging

The Longevity Genes

Paolo Garagnani, University of Bologna, Department of Medicine and Surgery (DIMEC)

The Genetics Of Centenarians To Disentangle The Complexity Of Human Longevity

Marco Sandri, University of Padova, Dept Biomedical Sciences, Veneto Institute of Molecular Medicine

Bioenergetics And Transcriptional Regulation In Aging

Fabio Sallustio, 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 – 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 Longevitas Prize

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

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

Longevity Science In Clinical Practice

11:40 am

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

Alberto Beretta, Solongevity

Hallmarks Of Aging and Precision Medicine: The Role Of AI

Daniela Perani, Full Professor of Neuroscience at Università Vita-Salute San Raffaele.

Brain aging and prevention

TBD - Nuance Audio

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

Longevity Science In Clinical Practice

2:00 pm

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 IRCCS

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(empic): The Therapeutic Revolution Of Glp-1 Ra To Defeat The Inevitable And Improve Your Health

Longevity For All

3:40 pm

Chair: **Hellas Cena**

Francesco Landi, Policlinico Gemelli – Roma

From the SPRINTT Project To The Longevity Run: Possible Politics For A Longevity For All

Giuseppe Iannocari, Policlinico Gemelli - Roma / Assomena

The 10 Pillars Of An Efficient Brain: Guidelines For A Healthy Longevity

Giuseppe Banderali, San Paolo Hospital - Milano – Department of Pediatrics
Longevity Starts At Childhood

Closing remarks by **Alberto Beretta**

20
MARCH

Teatro Franco
Parenti

LONGEVITY MEDICINE FOR ALL: A NEW ERA OF HEALTH

9:00 am

Introduction by **Alberto Beretta**

Panel: Femevity: Harmony In Menopause And Female Longevity

Chair: TBD

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 (Italy)

Women's Health: Menopause Or Age?

Roberta Rossi, Psychologist, Psychotherapist and Clinical Sexologist Sexology Clinic Institute, Roma

The Couple After Menopause

Francesca Baglio, Neurologist, Don Gnocchi Foundation in Milan

Assessment Of Neurocognitive Deficit In Women

10:30 am

New Technologies For Precision Medicine

Chair: **TBD**

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 am

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

Chair: **TBD**

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

Additional sessions in development, speakers will be announced soon

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, Dietiscian, Solongevity Clinic

The Continuous Glucose Monitoring (CGM) In The Management Of Metabolic Disorders

2:30 pm

Regenerative And Enhancing Medicine: Advancing Health And Longevity

Carlo Tremolada, Scientific Director and co founder Istituto Image, Milan

Regenerative Surgery Today: Not A Hope, A Reality

Thomas Michaelsen, Median Clinic – Berlin

Intermittent Hypoxia/Hyperoxia Treatment (IHHT) In Long Covid Rehab

Claudio Tavera, MD, Potenziativa Medical Center, Como

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

4:00 pm

Panel with Agorà: Skin Longevity, Beauty During Aging

Milano, SIME – Roma, SoLongevity – Milano, Univ. of Milano – Dermatology Dept,
Filorga

Chair: Carmela Boccomino, Scientific Relations & Corporate Communication

Manager Filorga Italy

4:40 pm

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

CONI - TBD

Closing Remarks by **Alberto Beretta**


LONGEVITY LABS

22-29 March, except Sunday | All Day

Technogym Checkup: Smart Assessment for Personalized Wellness

Determine your “Wellness Age”, a unique metric that reflects your overall physical and mental condition.

Powered by: Technogym

 Technogym, Via Durini


#Fitness #Wellness

Saturday, 22 March | 10:30 - 18:30

Healthy Choices, Longer Life: The Power of Prevention

An interactive experience exploring how lifestyle choices impact longevity

Powered by: AIRC

 Triennale Milano, Viale Emilio Alemagna

#Health #Wellness

Saturday 22 and Sunday 23 March | 10:00-12:00

Metabolic Walking: Boost Your Fitness

Discover how movement can transform your metabolism and boost your health

Powered by: Nevia Farè

Triennale Milano, Viale Emilio Alemagna

#Fitness #Wellness

Saturday 22 & Sunday 23 March | 10:30 - 18:30

Your Health, Measured & Empowered

Come and gain your fast, scientific, and user-friendly health check-up.

Powered by: Polimi

 Triennale Milano, Viale Emilio Alemagna

#Health

Sunday, 23 March | 16:30 & 17:30

Sleep Better, Live Better

Unlock the keys to better sleep and overall well-being.

Powered by: Prof. Ferini Strambi

 Triennale Milano, Viale Emilio Alemagna

#Health #Wellness

22
MARCH

23
MARCH

LONGEVITY LABS

Sunday, 23 March | 15:30 & 16:30

Smart Wearables: Track, Monitor, Thrive

Explore the latest innovations in wearable technology

Powered by: Polimi

 Triennale Milano, Viale Emilio Alemagna,

#Health

Sunday, 23 March | 11:00 & 11:45 & 12:30

Outdoor Calisthenics with Technogym: Strength, Mobility & Endurance

Join us for an invigorating outdoor calisthenics session where physical and mental well-being come together

Powered by: Technogym

 Technogym Outdoor, Monte Merlo, Bastioni di Porta Venezia


#Fitness #Wellness #Activities

Sunday, 23 March | 10:00-11:30 & 14:00-15:30

Workshop: The Science of Art: How Culture Enhances Well-Being

A unique scientific lab exploring the profound impact of art and culture on mental and physical well-being.

Powered by: Fondazione Luigi Rovati

 Fondazione Luigi Rovati, Corso Venezia, Milan


#Health #Wellness #Activities

Sunday, 23 March | 12:00 & 16:30

Conference: The Science of Art: How Culture Enhances Well-Being

A unique scientific lab exploring the profound impact of art and culture on mental and physical well-being.

Powered by: Fondazione Luigi Rovati

 Fondazione Luigi Rovati, Corso Venezia

#Health #Wellness #Activities

23
MARCH
20


LONGEVITY LABS

Sunday, 23 March | 11:00 -13:00

Writing for Longevity: The The Healing Power of Words

Use the power of words to strengthen your mind, unlock creativity, and support lifelong well-being

Powered by: BIOSCRITTURA - Fulvio Fiori

 Triennale Milano, Viale Emilio Alemagna

#Wellness #Activities

Sunday, 23 March | 17:30 -18:30

Sound Bath: Relax, Recharge, Rebalance

Step into a space of peace and well-being—let yourself be carried away by the vibrations!

Powered by: Virgin Active Powered by Edelman

 Triennale Milano, Viale Emilio Alemagna


#Wellness #Activities

Sunday, 23 March | 15:00-16:00

Kaumatua

Discover how social engagement enhances longevity

Powered by: MilanoAltruista

 Triennale Milano, Viale Emilio Alemagna

#Activities

Monday, 24 March | 10:30 -12:00

A Smile is Forever: The Key to Dental Longevity

A healthy smile lasts a lifetime—start your journey to dental longevity today!

Powered by: Grey Panthers and Poliedris

 EMIT Feltrinelli, Piazzale Antonio Cantore, 10, Milan

#Health #Learning

23
MARCH

24
MARCH

Tuesday, 25 March | 12:00-13.30

Ageless Impact: Redefining Longevity in the Digital Age

Join the conversation and be part of the movement shaping a more inclusive representation of age in social media!

Powered by: Edelman Longevity Lab

 Edelman, Via Nervesa, Milan

#Learning, #Activities

Tuesday, 25 March | 11:00 & 18:00

Ayurveda & Longevity: Daily Rituals for Vitality and Balance

Join us for an insightful and practical journey into Ayurveda, and learn how to cultivate balance, vitality, and long-term well-being through everyday practices!

Powered by: Dr.ssa Chiara Mariani

 Ayurvedic Point, Corso Sempione, 63

#Wellness

Tuesday, 25 March | 15:00 -17:00

Digital Health Made Easy

Learn how to use SPID and the Electronic Health Record effectively

Powered by: Grey Panthers

 EMIT Feltrinelli, Piazzale Antonio Cantore, Milan,

#Learning

Tuesday, 25 March | 10:30 -18:30

Give Back, Feel Great

Discover how volunteering boosts well-being

Powered by: Milano Altruista

 Triennale di Milano, Viale Emilio Alemagna

#Activities

25
MARCH

LONGEVITY LABS

Wednesday, 26 March | 17:30

Designing Workspaces for Wellness & Productivity

Discover how sustainable workplace solutions can boost your health

Powered by: Spaces

 Copernico Milano Centrale, Via Copernico, Milan

#Learning #Wellness

Wednesday, 26 March | 15:00-17:00

E-commerce & Streaming Made Easy

Learn to access digital content easily and securely

Powered by: Grey Panthers

 EMIT Feltrinelli, Piazzale Antonio Cantore, Milan


#Learning

Wednesday, 26 March | All Day

Free Private Dental Check-ups & OPTest (Oral Prevention Test)

Get your free check up with Poliedris

Powered by: Poliedris e Grey Panthers

 Various Locations around Milan

#Health

Thursday, 27 March | 16:00 & 17:00

Posture & Osteopathy: Restoring Balance for a Pain-Free Life

Discover how this holistic approach can improve your posture and overall well-being!

Powered by: Monica Norcini

 Spaces Porta Nuova, Bastioni di Porta Nuova, 21


#Health #Wellness

Thursday 27 and Friday 28 March | 17:30 & 16:00

Smart Investments for a Long and Secure Future

Join us to discover how to build lasting financial well-being!

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

 Spaces - Milano Turati, Via Filippo Turati

#Learning, #Finance

26
MARCH

27
MARCH

LONGEVITY LABS

Friday, 28 March | 11:00- 12:00

How Work Can Enrich Longevity

Join us in redefining the future of work and shaping a culture of active longevity!

Powered by: Edelman Longevity Lab & Wisdom Circle

 Edelman, Via Nervesa, 21, Milan


#Wellness, #Activities

Friday, March 28 | 15:00 & 16.30

Joy Moves

Join us and discover how ELDOA can transform your posture and long-term spinal health!

Powered by: Joy Moves

 Joy moves asd, Via Valparaiso, 9

#Fitness #Wellness

Friday, 28 March | 17:00-18:00

Guided Hypnotic Induction: Unlocking the Power of the Mind

Join us for a transformative session and explore the inner workings of the mind through hypnosis!

Powered by: Dott. Fabrizio Luigi Ricardi

 Spaces - Milan, Spaces San Babila, Corso Europa

#Wellness #Health

**BE PART OF THE
MOVEMENT**

20
MARCH
20