

# MILAN LONGEVITY SUMMIT<sup>®</sup>

## Exercizing 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 Izpisua 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 Tosti**, 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

**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



## PLATINUM PARTNER



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# PARTNERS

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Lombarda tra titolari di Farmacia



## FOUNDATIONS



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## SUPPORTING PARTNERS



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Lombardia

# 21 MARCH



**UNIVERSITÀ DEGLI STUDI DI MILANO STATALE**



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# 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 Fagnaga**, 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 Fagnaga**, IFOM Milano  
*Telomere Biology in Aging*



**13:00-14:00**  
**NETWORKING LUNCH**



**14:30 - 14:45**  
**FIRESIDE CHAT**

**A Conversation: Longevity as a Lifestyle: Integrating Wellness for a Healthier Future**

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



**14:45 - 15:00**  
**FIRESIDE CHAT**

**A Conversation: Investing in Longevity: Shaping the Future of Health and Wealth**

**Stefano Malagoli**, Partner, Silver Economy Fund, Quadrivio Group



**15:00 - 15:15**  
**FIRESIDE CHAT**

**A Conversation: Smart Wellness: How Technology and Wearables are Shaping Longevity**

**Stefano Genco**, Global Head of Nuance Audio



**15:15 - 15:30**  
**FIRESIDE CHAT**

**A Conversation: Work and Wellness: Building a Longevity-Driven Lifestyle**

**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  
*Democratizing Healthspan Can Change Healthcare And Its Sustainability*

## Final Considerations

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



**17:20**  
**CLOSING REMARKS**

**Closing remarks by Valerio Orlando.**

# 22 MARCH



**TRIENNALE MILANO**



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# CHALLENGING THE CLOCK OF TIME



**10:00 - 10:25**  
**OPENING**

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



**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 Santuccione 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 Artificial Intelligence and Inter-Generational Collaboration Can Tackle the Longevity Challenge**

**Introduction and moderation by Maria Pia Abbracchio** - Full Professor of Pharmacology and Precision Medicine, Former Deputy Rector and Vice Rector Research and Innovation (2018-2024), Università degli Studi di Milano Statale

**Gianna Martinengo**, CEO DKTS, Founder and President of Women&Tech® ETS Member, Board of Technological Innovation and Digital Transformation, Milan Municipality President, Scientific Committee of MUSA Scarl, Member, International Advisory Board di STOA - European Parliament  
*Longevity and Intelligence: The Future Between AI, Emotions, and Collective Wisdom*

**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  
*The challenge of the demographic transition in Italy: economic and social implications*

**Closing Remarks by Maria Pia Abbracchio**, Full Professor of Pharmacology, Former Deputy Rector and Vice Rector Research and Innovation (2018-2024), Università degli Studi di Milano Statale



**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  
*Neural Foundations of Longevity: Building Brain Capital Requires a New Form of Government - introducing The Republic of Longevity*

**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**



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# VATICAN LONGEVITY SUMMIT



**16:00 - 19:30**  
**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 Izpisua Belmonte**

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

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

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



**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



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# CODES OF LONGEVITY: THE BIOMARKERS OF AGING



**10:00 - 10:30**  
**OPENING/KEYNOTE**

**Nicola Marino**, Director Aeon Foundation  
**Giorgio Meneschincheri**, Director Policlinico Gemelli  
**Kauan von Novack**, CEO StartupBootcamp

**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  
*Decoding Biological Age: Emerging Insights, Persistent Challenges, and Our Journey Toward de development or Reliable Aging Biomarkers*



**10:50 - 11:30**  
**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



**11:30 - 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 - 12:40**  
**TALK**

## Fit for Longevity: Training and Fitness Optimization (1)

**Alessandro Del Piero**, Athlete, World Champion 2006 (Video)  
**Andrea Marchini**, Director of Medicine, J | Medical - Juventus  
**Marco Storari**, Talent Development Juventus & Former Goalkeeper  
**Giovanni Vaglini**, Athletic Trainer & Coach

## Fit for Longevity: Training and Fitness Optimization (2)

**Tom McCoy**, Chief Executive Officer, CrossFit, Co-Founder and Clinical Director McCoy Medical  
**Matteo Pozzati**, Country Manager CrossFit



**12:40 - 13:30**  
**TALK/PANEL**

## The Gut-Longevity Link (1)

**Enej Kuscer**, Co-Founder of The NU  
**Momo Vujisich**, Co Founder, Chief Science Officer & Head of Clinical Research, Viome Life Sciences

**Maria Rescigno**, Deputy Rector with responsibility for research, Humanitas University. Deputy Scientific Director for Basic Research. Group Leader Mucosal immunology and microbiota Unit - Humanitas Research Hospital

**Serena Tongiani**, Chief Portfolio Officer, INDENA

## The Gut-Longevity Link (2)

**Marco Menichelli**, Co-Founder, Relife  
**Edoardo Mocini**, PhD in Endocrinology and Metabolism & Psychotherapist



**13:30 - 14:00**  
**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 Argenterio**, Researcher, Harvard University and Broad Institute



**14:00 - 14:40**  
**LUNCH BREAK & LONGEVITY NETWORKING**



**14:40 - 14:50**  
**FIRE SIDE CHAT**

**Biohacking: Hype or Hope**  
**Salvatore Aranzulla** (Tech Educator & Influencer)



**14:50 - 15:30**  
**TALK**

## Innovating Longevity Med

**Carlo Rinaldi**, Chief Marketing Officer, Humans.tech  
**Pierluigi Gallucci**, Influencer and Founder, LinFit  
**Claudio Viaggi**, LinFit  
**Giusy Masitto**, LinFit  
**Giuliano Talò**, Co-Founder, BlueHys  
**Teresa Budetta**, Co-Founder, AVEA



**15:30 - 15:50**  
**PANEL**

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

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



**15:50 - 16:10**  
**TALK**

## 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



**16:10 - 16:25**  
**TALK**

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

**Elena Massucco**, Managing Director, Startupbootcamp



**16:25 - 16:55**  
**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**, Co-Founder VitaDAO



**16:55 - 17:15**  
**PANEL**

## Communicating Longevity in the Social Media Era

**Michele Bonaccorso**, Longevity and Functional Medicine  
**Melissa Satta**, TV Presenter  
**Nicola Marino**, Director, AEON Foundation



**17:15 - 17:45**  
**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 TBC

Fondazione  
**SoLongevity.**

**27**  
**MARCH**



**TEATRO FRANCO PARENTI**



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# SOCIETY IN THE ERA OF LONGEVITY



09:00 - 10:15

OPENING/PANEL/TALK

**Introduction by Alberto Beretta, Solongevity and Maria Pia Abbraccio**, 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



10:30 - 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**

**Cinzia Polo**, Gynecologist

**Ilaria Picazio**, Marketing Director Filorga

**Michela Taccola**, Science Communicator

**Michele Superchi**, Global Vice President BEAUTYSTREAMS

**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

**How to Successfully Transition from Academia to a Startup**

**Momo Vuyisich**, Co-founder, CSO & Head of Clinical Research Viome Life Sciences

**The Science of Longevity: Advancing Italian Research**

Introduction by **Alberto Beretta**

**The Longevity Foundation**

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

Presentation By A Young Student Winner Of Longevity Prize – First Place

**The Longevity Prize**

Introduction: **A Winner of the Prize, TBA**



16:20 - 17:20

TALK/PANEL

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

**Chair: Felicia Pelagalli, Founder and Manager Culture**

**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**, Leader Spoke 2 Age-it, 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 Abbraccio**



Fondazione  
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**28**  
**MARCH**



**TEATRO FRANCO PARENTI**



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# 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 Longevitas Prize

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

**Presentation: A young student, second-place winner of the Longevitas 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 Martini**, 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: Expanding Access to a Longer and Healthier Life

Chair: **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

**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 Iannocci**, 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**

**Chair: Priscilla Biswas**, Deputy Scientific Director SoLongevity

**Matteo Cerboneschi**, 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 - 13:30**  
**TALK**

## **Clinics Of Longevity: Pioneering Care for a Longer and Healthier Life**

**Chair: Francesco Franceschi**, Foundation Policlinico Universitario A. Gemelli IRCCS, Università Cattolica del Sacro Cuore

**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  
*Assessment Of Neurocognitive Deficit*

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

## **Metabolic Syndrome and Gut Microbiota: a Breakable Bond to Promote Longevity**

**Francesco Franceschi**, Full Professor Internal Medicine & Director of Emergency Medicine, Fondazione Policlinico Universitario A. Gemelli IRCCS, Università Cattolica del Sacro Cuore



**13:30 - 14:30**  
**LUNCH BREAK**



**14:30 - 15:00**  
**TALK**

## **The Longevity Foundation**

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

## **The Longevity Prize**

Introduction: **A Winner of the Prize, TBA**



**15:00 - 16:50**  
**TALK**

## **Regenerative And Enhancing Medicine: Advancing Health And Longevity**

**Chair: TDB**

**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*



**16:50 - 17:30**  
**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

## 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**

 15:00 - 15:30

### Metabolic Walking: Boost Your Fitness

◆ Discover how movement can transform your metabolism

📍 **Triennale Milano**

💡 **Powered by: Nevia Farè**


 16:00 - 16:30

### Metabolic Walking - 1st Slot

◆ Guided metabolic walking activity

📍 **Triennale Milano**

💡 **Powered by: Nevia Farè**


 16:45 - 17:15

### Metabolic Walking - 2nd Slot

◆ Guided metabolic walking activity

📍 **Triennale Milano**

💡 **Powered by: Nevia Farè**

 17:30 - 18:00

### Metabolic Walking - 3rd Slot

◆ Guided metabolic walking activity

📍 **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**

 15.00 - 16:30 | 16:30 - 18.00

### Health and longevity are not improvised!

◆ Personalized medical services for longevity, guided by a dedicated Medical Tutor and supported by a 24/7 digital assistance ecosystem

📍 **Milan**

💡 **Powered by: MD Concierge**

## 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**

### 15.00 - 16:30 | 16:30 - 18.00

#### Health and longevity are not improvised!

◆ Personalized medical services for longevity, guided by a dedicated Medical Tutor and supported by a 24/7 digital assistance ecosystem

📍 **Milan**

💡 **Powered by: MD Concierge**

### 18.00 - 19.00

#### Sex and Menopause: Aging is Not an Issue

◆ How to navigate menopause with confidence and serenity while maintaining sexual well-being.

📍 **San Giuseppe Hospital, Milan**

💡 **Powered by: IRCCS MultiMedica**

### 18.00 - 19.00

#### How Old Are Your Hands?

◆ Complimentary screening by the Hand Surgery Unit at San Giuseppe Hospital.

📍 **San Giuseppe Hospital, Milan**

💡 **Powered by: IRCCS MultiMedica**

## 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**

### All Day

#### AEON Longevity Labs

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

📍 **Teatro Parenti**

💡 **Powered by: AEON Foundation**

### 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**

### 18.00 - 19.00

#### The Role of Gut Microbiota's on Longevity

◆ Insights on how to maintain a balanced microbiota for a healthier life, overall well-being, and longevity.

📍 **San Giuseppe Hospital, Milan**

💡 **Powered by: IRCCS MultiMedica**

## 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

#### 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**

## 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**

### All Day

#### SoLongevity Longevity Labs

◆ Check out the labs Solongevity has planned for you!

📍 **Teatro Parenti**

💡 **Powered by: SoLongevity**

### 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**

### 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.)**

### 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**

### 17.00 - 18.30

#### Fake News About Longevity: What Does Science Say?

◆ A journey through genetics, aging, and lifestyle to uncover health and longevity.

📍 **Teatro Parenti**

💡 **Powered by: IRCCS MultiMedica**

## 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](http://www.milanlongevitysummit.org)