

AGENDA

BrainCircleItalia

14 MARCH

City Hall, Milan

21 MARCH

Università Degli Studi di
Milano Statale



LE GRANDI VITE

Summit Pre Launch

Celebration of six remarkable individuals including **Franco Debenedetti, Livia Pomodoro, Giovanni Bazoli, and Eva Cantarella** proving that age is more than just a number.

CELLULAR SPRINGTIME

Opening

Marina Brambilla, Rector, Università degli Studi di Milano
Beppe Sala, Mayor, City of Milano (TBC)
TBC, Italian Government Representative
Marilena Citelli Francese, Acting President, BrainCircleItalia
Alberto Beretta, President Scientific Committee, BrainCircle italia

Keynote - Recent Progress in iPS Cell Research and Application

Shinya Yamanaka, Nobel Prize, Researcher, Kyoto University, San Francisco University
Presented by: **Fabrizio d'Adda di Fagagna**

Cellular Reprogramming for Longevity: Breaking New Frontiers

Juan Carlos Izpisúa Belmonte, Founding Scientist, Altos Labs
Maria Carolina Florian, Group Leader, IBIDELL
Vittorio Sebastiano, Associate Professor, Stanford University, Founder, Turn Bio
Valerio Orlando, Director, KEEP, Professor, KAUST

Panel: Investing in Longevity: Shaping the Future of Health and Wealth

Nerio Alessandri, CEO Technogym
Stefano Malagoli, Partner, Quadrivio Group

Longevity for All: The Interplay of Epigenetics and Environment

Chair: **Antonella Santuccione Chadha**, CEO, Women's Brain Foundation
Valentina Bollati, Principal Investigator, Università degli Studi di Milano Statale
John Wong, Executive Director, National University of Singapore
Elia Biganzoli, Full Professor- Senior Biostatistician, Università degli Studi di Milano Statale
Camillo Ricordi, Scientific Director, Diabetes Research Institute of Miami, University of Miami

Closing

Valerio Orlando, Director, KEEP, Professor, KAUST

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

Additional sessions in development, speakers will be announced soon

BrainCircleItalia

22 MARCH

La Triennale

CHALLENGING THE CLOCK OF TIME

Opening

Keynote: An Outsider's Thoughts on Current Prospects in Longevity Research

Venkatraman Ramakrishnan, Nobel Prize, Researcher, Cambridge University

From Cells to Solutions: Innovations in Longevity Science

Chair: **Antonella Santucciono Chadha**, CEO, Women's Brain Foundation

Naomi Habib, Principal Investigator, Hebrew University

Jin-Dong Jackie Han, Professor, Peking University

George Kuchel, Travelers Chair and Director, University of Connecticut Center on Aging

Patrick Aebischer, Senior Partner, +ND Capital

LIFE SPAN VS. HEALTH SPAN: STRIKING THE BALANCE

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

Chair: **Maria Pia Abbracchio**

Giovanna Iannantuoni, Rectress, University of Milano Bicocca

Patrizia Toia, Former member of the European Parliament

Elena Bonetti, Former Ministry of Family Policies

Keynote - Life Span vs Health Span: Challenges and Opportunities

Eileen Crimmins, AARP Chair, University of Southern California, University of California, Los Angeles

Host: **Francesco Billari**, Rector, Bocconi University

Brain Health: The Key to Extending Health Span and Life Span

Chair, **Lodovico Baldassin**, CEO, EDRA

Thomas Bo Bjørn Klee, SVP Lundbeck

John Wong, Deputy Chief Executive, National University Health System, Singapore

Nic Palmarini, Director, UK's National Innovation Centre for Ageing

Alessandro Padovani, President, Italian Neurology Society

Alberto Siracusano, Director, Università degli Studi di Roma Tor Vergata

Claudio Bassetti, Chair of the SBHP

con il contributo non
condizionante di



22-29 MARCH

City of Milan

LONGEVITY LABS

Design for Health Workshop

Exhibit: Wearing the Future: The Role of Wearable Devices in Health and Longevity, Polimi

Simplifying Connectivity: Smartphones Made Easy

Longevity and Space: Expanding Life Beyond Earth

The Silver Economy: Planning Ahead for a Prosperous Future

Mindful Moves: The Fusion of Dance and Meditation

Exhibit: The Three Foes of Healthy Aging

Preparing Doctors to Become Health Mentors

Reading Doctors: Health Begins in the First 1,000 Days

Wellbeing Begins with the Environment with Stefano Boeri

A Smile That Lasts Forever

Mens Sana: Preserving Cognitive Health for Life

Front Row Experiences: Movies, Theatre, Exhibits, and Streaming

The New Cycle of Life: Embracing Change and Renewal with Vanity Fair

ManopauseBoost with Michela Taccola

Timeless Beauty: Nurturing Your Inner and Outer Glow

Music and Wellbeing: A Harmony for the Soul

Fondazione Rovati, Art for a Better Life: The Healing Power of Creativity

Francesco Cairoli, The Health Benefits of Giving Back

Redefining Retirement: The Benefits of Working Beyond

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22-29 MARCH

City of Milan

LONGEVITY LABS

A Culinary Experience: Dining with an Award-Winning Chef

Timeless Wisdom: Exploring the Principles of Ayurveda

The Power of Sleep: Restoring Health and Vitality

Stay Young Through Song: The Power of Singing

Finding Balance: The Key to a Harmonious Life

Bodyworks: Longevity Energetic

Stay Safe: Protect Yourself from Scams

Secure Your Tomorrow: Insure Your Future Today

The Heart of Health: Caring for Your Vital Organ

A New Cycle of Life: Navigating Changes

Additional labs in development and subject to change

APRA

24 MARCH

The Vatican

VATICAN LONGEVITY SUMMIT

Opening

Vincenzo Paglia, President, Pontificia Accademia per la Vita

Giulio Maira, Founder and President Atena Foundation

Orazio Schillaci, Minister, Ministero della Salute

Keynote

Host, **Juan Carlos Izpisúa Belmonte**, Founding Scientist, Altos Labs

Shinya Yamanaka, Nobel Prize, Researcher, Kyoto University, San Francisco University

Keynote

Host, **Valerio Orlando**, Director KEEP, KAUST

Venki Ramakrishnan, Nobel Prize, Researcher, Cambridge University

Panel

Juan Carlos Izpisúa Belmonte, Founding Scientist, Altos Labs

Vittorio Sebastiano, Associate Professor, Stanford University, Founder, Turn Bio

Valentina Bollati, Principal Investigator, Università degli Studi di Milano Statale

Eileen Crimmins, AARP Chair, University of Southern California, University of California, Los Angeles

Camillo Ricordi, Scientific Director, Diabetes Research Institute of Miami, University of Miami

Conclusions: Nir Barzilai

Private audience with Pope Francis and visit at the Quirinale with Italy's President Sergio Mattarella

AEON

26 MARCH

Teatro Parenti

CODES OF LONGEVITY: THE BIOMARKERS OF AGING

Unlocking the Future of Aging: The Scientific Basis of Biomarkers

AI-Powered Biomarkers: The New Normal of Predictive Medicine

Setting the Benchmark: Biomarkers and Longevity Clinics

Redefining Risk: Biomarkers as the New Frontier for InsurTech

Fit for Longevity: Training and Fitness Optimization

Braingeivity: Cognitive Biomarkers for a Sharper Future

From Science to Policy: Building Global Consensus on Longevity Standards

Additional sessions in development, speakers will be announced soon

NEW VISIONS FOR LONGEVITY: PIONEERING THE FUTURE OF AGING

Introductory Keynote: **Maria Pia Abbracchio**

Exploring New Scenarios for Longevity: Pathways to a Longer Life -
Chair: **Nicola Palmarini**

- The City of Longevity
- Longevity Through Young Eyes: A Fresh Perspective on Living Longer
- Longevity Redefined: New Parameters for a Sustainable Future
- AI and Digital Twins: Shaping the Future of Health and Longevity

Senior Work Ability

- Empowering Seniors: Projects to Enhance Work Ability and Engagement
- Advancing Equality: Gender-Inclusive Projects for a Better Future
- Longevity and the Workplace: Redefining Work Regulations for the Future

Innovating for Longevity: Products and Services to Enhance Lifespan

- Redesigning the Patient Journey: A Pathway to Longevity
- Enhancing Collaboration: Partnering with Patients for Better Outcomes
- Insurance Challenges in the Era of Longevity
- Financial Services for a Longer, Healthier Life
- Challenges for the Food System: Sustaining a Growing and Aging Population
- Longevity Clinics Worldwide: Innovations and Impact

Universities and Research: Driving Innovation in Longevity

Maria Pia Abbracchio: Sum Up

Solongevity

28 MARCH

Teatro Parenti

LONGEVITY: BRIDGING RESEARCH AND PRACTICE

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

The Longevity Genes

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

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

Fabio Sallustio, Department of Precision and Regenerative Medicine, University of Bari

Biological Clocks: Unlocking the Timers of Life and Aging

Steve Horvath, Principal Investigator, Altos Lab-Cambridge UK

Q&A

LONGEVITAS Award

Nutrition, Nutraceuticals, Drugs, and Sport: Building Blocks for Longevity

Chair: **Mario Clerici**, Università degli Studi di Milano

Precision Nutrition and Gender-Specific Approaches: Personalizing Health for Longevity

Lidia Daimiel, Imdea Madrid CIBER Fisiopatología de la Obesidad y la Nutrición, Instituto de Salud Carlos III

Hellas Cena, ICS Maugeri and University of Pavia

The Role of Nutraceuticals: Bridging Nutrition and Medicine for Longevity

Arrigo Cicero, University of Bologna, SINUT

Nicola Giacchè, Tes Pharma, ACMSD Project Leader

The Future of Obesity Drugs: Unlocking Potential with GLP-1 and Beyond

Camillo Ricordi, Diabetes Research Institute, University of Miami

Nicola Giacchè, Tes Pharma, ACMSD Project Leader

Q&A

The Science of Longevity: Bridging Research and Real-Life Applications

Alberto Beretta, Solongevity

Mens Sana

Daniela Perani, San Raffaele, Milano

Healthy Body, Active Life: The Role of Sport in Longevity

Silvano Zanuso, Technogym Medical Scientific Department Director,
Adjunct Associate Professor University of Perth

Q&A

Longevity for All: Expanding Access to a Healthier, Longer Life

Chair, **Hellas Cena**, University of Pavia

Francesco Landi, Policlinico Gemelli of Rome, I SPRINTT Project *Longevity Run*

Giuseppe Iannocari, Policlinico Gemelli of Rome, Assomensana

Q&A

LONGEVITY IN PRACTICE: TURNING SCIENCE INTO ACTION

Femgevity: Unlocking the Secrets to Women's Longevity

Chair, **Hellas Cena**, ICS Maugeri and University of Pavia

Rossella Nappi, University of Pavia, IRCCS San Matteo, Pavia

Roberta Rossi, Sexology Institute, Rome

Omics Science in Precision Medicine: Revolutionizing Health Through Personalization

Matteo Carboneschi, Next Genomics

Stephanie Tuminiello, New York University

Solongevity

29 MARCH

Teatro Parenti

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Solongevity

29 MARCH

Teatro Parenti



Clinics of Longevity: Pioneering Care for a Longer, Healthier Life

Alberto Cerasari, Solongevity

Nicola Triglione, BioHacker

Francesca Baglio, Don Gnocchi Foundation

Ilaria Bertini, Solongevity

Regenerative and Enhancing Medicine: Advancing Health and Longevity

Carlo Tremolada, Image Regenerative Clinic, Milano

Per Otto Schuller, Median Clinic, Berlin

Valerio Solari, Solongevity, Milan

Roberta Costanzo, Solongevity, Milan

The Role of Sports Medicine: Enhancing Performance and Longevity

Roberto Pusinelli, Undertraining, Como

Skin Longevity: Unlocking the Secrets to Timeless Beauty and Health