



PATROCINIO
Comune di
Milano



MILANO
14|27 MARZO
2024

RISCRIVERE IL TEMPO

Science and Myths
of the Longevity Rush

milanlongevitysummit.org

OFFICIAL PROGRAM

CON IL CONTRIBUTO DI



Regione
Lombardia

UN PROGETTO DI



BRAIN CIRCLE
ITALIA



Milan is, and has always been, a place where new social and cultural trends emerge, often ahead of their time. Our city, in all its components, has a natural vocation to be a laboratory for the development of innovative strategies and solutions that interpret and enhance change. It is no secret that our society is aging at an accelerated pace and people are living longer. This means our cities need to rethink their social policies, their relational systems, and business models.

Thanks to the initiative of the Milan Longevity Summit, many experts of high acclaim and esteem will convene here in Milan, thus confirming our city's place as a pivotal point of reference for the global scientific community and the world of research. The Summit underscores Milan's steadfast commitment to prioritizing the health and well-being of all its citizens as well as its determination, as the natural capital of such an initiative, to launch a fresh, successful "Made-in-Italy" brand with the life sciences as its focus. Through events open to the entire community, we will engage in discussion and analyses of all aspects of aging and longevity from scientific, social, and economic viewpoints and explore the prospects, critical issues, and the many opportunities this revolution presents.

Beppe Sala
Mayor of Milan

Research indicates life expectancy across the globe has increased by 25 years in recent decades and that by 2050, the number of people aged 65 and older will double, exceeding two billion individuals. An aging population inevitably entails a radical change in society, in the world of work, in social organization, and in the public-private relationship of health care, pensions, mobility, and urban planning. It calls for a commitment to promote research and preventive medicine that both increase longevity and nurture good health throughout an individual's life span.

All of this and more will be discussed for two weeks this March at the Milan Longevity Summit where the world's most accredited international researchers will convene, amidst the daily barrage of information from the media and social platforms, to dispel false myths and discern where science stands on these critical issues, all fundamental to our collective future.

In a series of high-level meetings designed to involve the entire city in this debate, scientists and scholars will be joined by representatives of institutions, academia, international advocacy groups, politicians, third-sector foundations, hospitals, national and international companies, investors, market analysts, urban planners, start-up founders, labor lawyers, and demographers.

With a view to extending the possibility of a longer life in good health to the entire population, not just to the privileged few, we hope that the irrationality of violence, the destructive greed for money, and the bloodshed of wars will not eradicate the biblical promise of a life that can last 120 years.

Viviana Kasam
*President, BrainCircleItalia
Creator and organizer of the
MilanLongevitySummit*

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**MILAN
LONGEVITY
SUMMIT**

MILANO
14|27 MARCH 2024

RISCRIVERE IL TEMPO

SCIENCE AND MYTHS OF THE LONGEVITY RUSH

**A PROJECT BY
VIVIANA KASAM**

**ORGANIZED BY
BRAINCIRCLE ITALIA**

ORGANIZING COMMITTEE
MARIA PIA ABBRACCHIO
GIANCARLO AGNELLI
NIR BARZILAI
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IN PARTNERSHIP WITH
**ACADEMY FOR HEALTH
AND LIFESPAN RESEARCH (AHLR)**
**LONGEVITY BIOTECHNOLOGY
ASSOCIATION (LBA)**
**HEBREW UNIVERSITY
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AUSER LOMBARDIA
ANTEAS LOMBARDIA
**UNIVERSITÀ DEGLI STUDI
DI MILANO**
TEATRO FRANCO PARENTI

*The conferences will be held in English and Italian.
Simultaneous translation will be provided in both languages.*

The conferences will be livestreamed.

Thanks to **_NAIMA_** for the cover image: © *TicTac-Number4*



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Prevention, Quality of Life, Aging in Place

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THE PROJECT

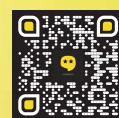
Is it possible and ethical, to engage in a chase for eternal youth and extend life expectancy? The world's cutting-edge scientific research says it is. This is a true revolution in the way we approach aging, and Milan is to spearhead it by hosting this unique two-week-long international scientific Summit. The event, which will take place in different venues across the city, will be open to the general public, scholars, policy makers, doctors and health workers, industry representatives and students. It will involve the participation of the city's most important Institutions that will join in a dialogue on today's "hottest" themes in research and investments: Healthy Aging and Longevity.

Sixty among the most famous and established scientists, real stars in this field, will talk about the cutting-edge research to slow down the aging process.

Demographic change requires a holistic approach based on new social paradigms about welfare policies, economy, work and cities' organization, which will require the development of political and administrative awareness. Therefore, the Summit will feature roundtables with demographers, investors, startup entrepreneurs and mayors of some of the cities that are currently experimenting with new social organizational models based on demographic change.

Indeed, we're facing a revolution in the future of humanity and social organization, which involves every aspect of life. We're heading towards a 'Longevity Rush', a new gold rush. Public and private investors, billionaires searching for the source of eternal life, private equities, startups, companies from every industry sector, from big pharma to supplement manufacturers, cosmetics, advertising, real estate, medical and paramedical fields, as well as the industry of leisure. They are all competing with the baby boomers, who have entered the fourth age en masse being blessed with longer life spans and rather solid economic possibilities, thanks to the economic boom they enjoyed and not having children and/or parents to support. This large segment of today's population is primarily concerned with keeping in good health and securing a longer life.

LET'S MOVE FOR A BETTER WORLD



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MARCH 14
18:30 - 21:00

MEET THEATER
Via Vittorio Veneto 2, Milano

MEET DIGITAL
CULTURE
CENTER

Fondazione
CARIPOLO

FOREVER YOUNG: THE DORIAN GRAY SYNDROME

SUMMIT PRESENTATION AND OPENING OF THE EXHIBITION

Co-curated by

MARIA GRAZIA MATTEI

Founder and President MEET Digital Culture Center

CLÉMENT THIBAUT

Directeur des arts visuels et numérique Le Cube Garges

▼ 18:30

OPENING ADDRESSES

MARIA GRAZIA MATTEI

Founder and President MEET

CLÉMENT THIBAUT

Directeur des arts visuels et numérique Le Cube Garges

VIVIANA KASAM

President BrainCircle Italia

EMMANUEL CONTE

Councilor for Budget and Real Estate of the Municipality of Milan

▼ 19:00 - 21:00

MEET Digital Culture Center, in collaboration with Le Cube Garges, presents Forever Young: The Dorian Gray Syndrome, a digital art exhibition that will run from February 14 to June 2, 2024.

The exhibition will display works by the following artists: Inès Alpha, Robbie Cooper, Rodrigo Gomes, Damara Inglês, Aaron Jablonski, Ethel Lilienfeld, Mauro Martino, David O'Reilly, Chris Salter, Inès Sieulle, Esmay Wagemans, Lu Yang. Through experiential installations, leading toward a deep immersion in the digital world, the artists explore new imagery representing the theme of longevity from three perspectives in particular:

1) The Dorian Gray Paradox

The dream of eternal youth and the possibilities of beautification in the digital world as an inverted Dorian Gray who ages in reality, but whose digital image remains young, and the related social and psychological implications.

2) The Digital Beyond

The frontiers of the beyond and the possibilities of eternal presence opened up by the digital, through the perpetuation of our images and voice, all the way up to the simulation of our thought generated by AIs trained to interpret us (the digital as a bridge between five generations compared and social media as digital immortality).

3) The Digital Human

The new dimensions of identity and bodies in digital space and time, and the theme of extended presence, between real and virtual.



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Lifescience for Healthy Aging

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Precision Longevity™

FOR A BETTER LIFETIME

HOW

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Personalized.

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advanced diagnostics
for targeted longevity
therapeutics.

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ageing pathways and
health conditions to
reverse bio-Age and
empower physiological
capabilities.

FOR YOU

A healthier and
enjoyable life.



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MARCH 15
18:00 - 19:30

UNIVERSITÀ BOCCONI
AULA FRANCESCHI
Via Sarfatti 25, Milano



UNDERSTANDING CENTENARIANS

The event will be in Italian

▼ 18:00

OPENING ADDRESSES

VIVIANA KASAM

President BrainCircle Italia

PROF. VINCENZO GALASSO

Director Department of Social and Political Sciences, Bocconi University

NERIO ALESSANDRI

Founder and President Technogym

FRANCESCO CAROLI

Municipality of Milan, National Coordinator of the WHO Healthy Cities Network

▼ 18:15 - 19:30

CENTENARIANS YESTERDAY, TODAY AND TOMORROW

Chair **CAMILLA BARESANI**

Writer and journalist

PROF. GRAZIELLA CASELLI

*Honorary Professor of Demography, Sapienza University of Rome, IUSSP
(International Union of the Scientific Study of Population) Laureate 2012*

**Beyond one hundred: insights from the Blue Zones of
Sardinian centenarians**

PROF. CAMILLO RICORDI

*Biomedical Engineering, Microbiology and Immunology, University of Miami,
Florida*

Time Zero Stem Cells to Rewind Our Biological Clock



Matanel Foundation encourages and funds social entrepreneurship. It serves essentially as an incubator for new projects, working with them until they ultimately achieve full operation with the benefit of public support or with their own incomes. The Foundation works with people of diverse backgrounds, academic, professional, activists and others, who represent a wide range of trends and positions.



MARCH 21
11:45 - 13:00

SALA ALESSI
COMUNE DI MILANO
Piazza della Scala, Milano



Comune di
Milano

LE GRANDI VITE

The event will be in Italian and English

PRESENTATION OF THE MILAN LONGEVITY SUMMIT

▼ 11:45 - 12:00

OPENING ADDRESSES

VIVIANA KASAM

President BrainCircle Italia

GIUSEPPE SALA

Mayor of Milan

▼ 12:00 - 12:30

ROUNDTABLE

SCIENCE AND MYTHS OF THE LONGEVITY RUSH

Chair **RAFFAELLA CESARONI**

Journalist

NIR BARZILAI, JAMIE METZL

and **ELISABETTA NOTARNICOLA**

▼ 12:30 - 13:00

MILAN CELEBRATES LE GRANDI VITE

LAMBERTO BERTOLÉ

Councilor for Welfare and Health, Municipality of Milan

A tribute to

NATALIA ASPESI, PIERO BASSETTI,

SILVIO GARATTINI, GIUSEPPE GUZZETTI,

LILIANA SEGRE, CARLO SINI

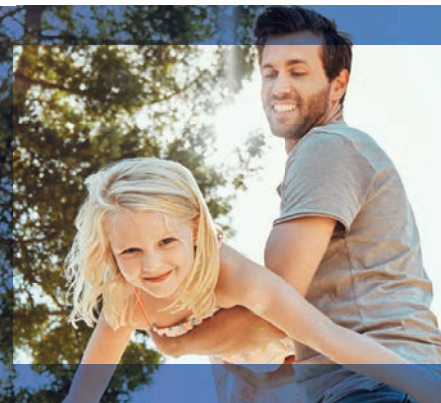
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MARCH 21
18:00 - 20:30

MEET THEATER
Via Vittorio Veneto 2, Milano

M THEE
MEDIA
T GURU

HACKING AGE

The event will be in English

JAMIE METZL

Futurist, OneShared. World Founder and Chair, author of Hacking Darwin, Superconvergence, and other books

How Technology Will Transform Our Lives

JAMIE METZL is a leading global voice on the big-picture implications of genetics, AI, and biotechnology revolutions and the ethical imperative to deploy revolutionary technologies wisely. MetzL helped establish the WisdomTree BioRevolution Exchange Traded Fund where he serves as Special Strategist. He also sits on the advisory boards of Exponential Medicine, Genomic Prediction, Harvard Medical School Preventive Genomics, the Lake Nona Impact Forum, NextMed Health, the Dubai Future Forum, and Walmart's new Intelligent Retail Lab IRL. He is the author of the international bestseller "Hacking Darwin", and appears regularly on national and international media. His work has been featured by 60 Minutes, the New York Times, and most major media outlets across the globe. Jamie MetzL's new book, "Superconvergence: How the Genetics, Biotech, and AI Revolutions Will Transform Our Lives, Work, and World", will be published in May 2024 by Timbre/Hachette.

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[1] Brand Filorga - Source Newline FY 2023 - Sell out face care treatments, anti-age, value, Pharmacy, Parapharmacy, Mass Market Corner, E-commerce.
[2] OpinionWay consumer study for FILORGA - 128 users - 10 days of use of NCEF-SHOT serum - *Founded in 1978.



10 DAYS
TREATMENT
87%
OF WOMEN OBSERVED

SKIN LOOKS
SMOOTHER
FIRMER
MORE RADIANT^[2]



MARCH 22
10:00 - 18:00

MEET THEATER
Via Vittorio Veneto 2, Milano

ALL THE TOOLS FOR AGING BETTER

The talks will be in English and Italian with simultaneous translation

▼ 10:00

OPENING ADDRESSES

VIVIANA KASAM

President BrainCircle Italia

MARIA GRAZIA MATTEI

Founder and President MEET

LAMBERTO BERTOLÉ

Councilor for Welfare and Health, Municipality of Milan

FEDERICO ESPOSTI

COO IRCCS Ospedale San Raffaele

PROF. GIANCARLO AGNELLI

Scientific Director, Istituti Clinici Scientifici Maugeri IRCCS

▼ 10:30 - 11:45

A.I. AT THE SERVICE OF HEALTH

Keynote address **JAMIE METZL**

Novelist, futurist, AI and biotechnology expert

What can AI do for healthier aging

DR. CHRISTIAN LUNETTA

Head of the Department of Rehabilitation Neurology,

Istituti Clinici Scientifici Maugeri IRCCS

A multimodal intervention to promote healthier brain aging and longevity through A.I.

PROF. FEDERICA AGOSTA

Head of the Neuroimaging Research Unit of Neurodegenerative

diseases of the IRCCS Ospedale San Raffaele

Transforming Brain Health: Advanced Technology and AI in Neurological Prevention

PROF. GIUSEPPE ANDREONI

Professor at the Department of Design and Director Laboratory TeDH -

Technology and Design for Healthcare, Politecnico di Milano

Wearable systems and digital technologies to support active aging

PROF. MICHAEL SAGNER

Ageing Research at King's College London, Faculty of Life Sciences

& Medicine, External Advisory Board Member. Director of the Board

European Society of Preventive Medicine

Precision medicine: the road to the future

▼ 11:45 - 13:30

THE GOLDEN RULES FOR AGING WELL

Keynote address **PROF. ANDREA MAIER**

Researcher, National University of Singapore (NUS)

Every steps counts?

DR. RICCARDO CACCIALANZA

Responsible Clinical Nutrition Area, IRCCS San Raffaele Hospital

Nutritional approach to longevity – evidence and gaps

PROF. LUIGI FERINI STRAMBI

Professor of Neurology, Università Vita-Salute San Raffaele

Sleep well to age well

PROF. MASSIMO FILIPPI

Director of Neurology Unit, Neurophysiology Service, eurorehabilitation

Unit and Center for Alzheimer Disease and Related Disorders at the

IRCCS San Raffaele Hospital

Empowering Brain Plasticity for Aging Prevention

PROF. CRISTINA ANNA COLOMBO

Head of the Mood Disorders Unit of the IRCCS Ospedale San Raffaele

Milano, full professor of Psychiatry, Università Vita-Salute San Raffaele

Socialization and mood

PROF. LORENZO DAGNA

Head of the Unit of Immunology, Rheumatology, Allergy, and Rare

Diseases at IRCCS San Raffaele Scientific Institute, full professor of

Medicine, Università Vita-Salute San Raffaele

Beware Inflammaging

▼ 14:30 - 15:30

BRINGING HEALTHIER AGING TO ALL

PROF. SIMONE CENCI

Deputy director of the Genetics and Cell Biology Division, Head of the Age-Related Diseases Research Unit, IRCCS San Raffaele Hospital

The biomedical challenge of aging

DR. TZIPI STRAUSS

Head of Sheba longevity center. Pediatrician and Neonatologist.
Sheba Medical Center

Sheba Medical Center: Longevity service in a public hospital

PROF. ANTONIO SPANEVELLO

Head Research and Clinical Care Departments, Istituti Clinici Scientifici
Maugeri IRCCS

Multidisciplinary approach in chronic and frail patients

▼ 15:30 - 17:30

ROUNDTABLE

HEALTHY AGING: THE ECOSYSTEM OF INNOVATION

Chairs PROF. CARLO CALTAGIRONE

Scientific director Fondazione Santa Lucia IRCCS, Roma

VIVIANA KASAM

President BrainCircle Italia

Keynote address PROF. FRANCESCO BILLARI

Rettore Bocconi University

The challenges of the new demography

LAMBERTO BERTOLÉ

Councilor for Welfare and Health, Municipality of Milan

PROF. EMILIANO ALBANESE

Full Professor of Public Health, Università della Svizzera italiana, Lugano,
Director of the WHO Collaborating Center (CC) for Mental Health
Research and Training, University of Geneva

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City University of London, Co-Founder of the Brain Capital Alliance

PROF. GIOVANNI TRIA

President Enea Tech e Biomedical

PROF. GIOVANNI AZZONE

Presidente Fondazione CARIPLO

PROF. DANIELA PERANI

MD, Neurologist and Radiologist, Full Professor of Neuroscience, Director
of the Doctoral Course in Cognitive Neuroscience, Director of the School of
Specialization in Neuropsychology, Università Vita-Salute San Raffaele

NERIO ALESSANDRI

President Wellness Foundation

CONCLUDING REMARKS

FEDERICO ESPOSTI

COO IRCCS Ospedale San Raffaele

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SPECIALISTI NELL'ASSICURAZIONE SALUTE

Quando si parla di salute,
UniSalute risponde.





MARCH 23
10:00 - 17:00

TEATRO FRANCO PARENTI
Via Pier Lombardo 14, Milano

THE AGING REVOLUTION DAY I

The talks will be in English and Italian with simultaneous translation

▼ 10:00

OPENING ADDRESSES

VIVIANA KASAM

President BrainCircle Italia

RISA STARR

Executive Director, AHLR and LBA

LAMBERTO BERTOLÉ

Councilor for Welfare and Health, Municipality of Milan

▼ 10:30 - 11:30

ROUNDTABLE

DEBUNKING THE MYTHS OF THE LONGEVITY RUSH

Chair **VIVIANA KASAM**

President BrainCircle Italia

PROF. NIR BARZILAI

Director, Institute for Aging Research at the Albert Einstein College of Medicine. Scientific Director of AFAR

DR. JOAN MANNICK

CEO Tornado Therapeutics

MICHAEL RINGEL

Managing Director and Senior Partner Boston Consulting Group

▼ 11:30 - 12:30

TÊTE À TÊTE

HOW TO DIE YOUNG AT A VERY OLD AGE

KASIA ZAJKOWSKA

Bioscientist and entrepreneur, MPhil, MSc

Introduces

PROF. VALERIO ORLANDO

Professor of Epigenetics Head of KAUST Environmental Epigenetics Research Program King Abdullah University of Science and Technology KAUST Saudi Arabia

Ancient RNAs to keep you young

PROF. JUAN CARLOS IZPISUA-BELMONTE

PhD Altos Labs, Founding Scientist and Director, San Diego Institute of Science

Reversing Disease Through Cell Rejuvenation?

▼ 14:00 - 15:30

PANEL

MAXIMIZING A HEALTHY LIFESPAN

Chair **PROF. NIR BARZILAI**

Director of the Institute for Aging Research at the Albert Einstein College of Medicine

PROF. VERA GORBUNOVA

Doris Johns Cherry Professor at the University of Rochester, USA

Novel links between Genome Stability, Diet and Longevity in evolution

DR. LUIGI FERRUCCI

Chief of the Longitudinal Studies Section at NIA and Director of the Baltimore Longitudinal Study on Aging

Delaying aging in humans

DR. ANTONELLA SANTUCCIONE CHADHA

Founder and President, Women's Brain Project

Why women live longer than men and age worse

▼ 15:30 - 17:00

PANEL

CHANGING THE HALLMARKS OF AGING: THE CUTTING-EDGE RESEARCH

Chair **KASIA ZAJKOWSKA**

Bioscientist and entrepreneur, MPhil, MSc

PROF. FABRIZIO D'ADDA DI FAGAGNA

Director of the Research Unit IFOM (Institute of Molecular Oncology) Milan, CNR Pavia

Telomeres: markers and tools in aging

PROF. LAURA NIEDERNHOFER

MD, PhD, Director Institute on the Biology of Aging and Metabolism Professor Department of Biochemistry, Molecular Biology and Biophysics University of Minnesota Medical School

Clearing senescent 'zombie' cells resets features of aging

PROF. ANA MARIA CUERVO

MD PhD, Distinguished Professor and Co-director Institute for Aging Research, Albert Einstein College of Medicine

Activating cellular garbage disposal protects from aging and age-related diseases

MARCH 24

15:00 - 18:00



THE AGING REVOLUTION DAY II

The talks will be in English and Italian with simultaneous translation

▼ 15:00 - 16:00

TÊTE À TÊTE

ADVANCING AGING RESEARCH IN THE ERA OF BIG DATA

PROF. NIR BARZILAI

Director, Institute for Aging Research at the Albert Einstein College of Medicine. Scientific Director of AFAR

Introduces

PROF. NAOMI HABIB

Goren-Khazzam Senior Lecturer in Neuroscience. Edmond and Lily Safra Center for Brain Sciences. The Hebrew University of Jerusalem

Hacking the Brain: new technologies for healthy aging

PROF. URI ALON

Professor and Systems Biologist at the Weizmann Institute of Science

A new multilevel approach to understanding aging

▼ 16:00 - 17:00

ROUNDTABLE

INSIDE THE GOLD RUSH

OPENING ADDRESSES

EMMANUEL CONTE

Councilor for Budget and Real Estate of the Municipality of Milan

Chair **MORGANE KENDREGAN**

Master of Science, London School of Economics

Keynote address **MICHAEL RINGEL**

Managing Director and Senior Partner Boston Consulting Group

The economy of Longevity: the new Gold Rush?

ROUNDTABLE: VISIONAIRES OR GUINEAPIGS?

IVAN MARANDOLA

Chairman Reviv Italia / CEO PrnX / Harvard MBA

CAMILLA BARESANI

Writer and journalist

SAM VENIS

Journalist

▼ 17:00 - 18:00

TÊTE À TÊTE

THE PETER PAN EFFECT: FOREVER YOUNG?

NICHOLAS KHAZZAM

Fulbright recipient, Master of science Annenberg School for Communication and Journalism, USC

Introduces

PROF. NIR BARZILAI

Director, Institute for Aging Research at the Albert Einstein College of Medicine. Scientific Director of AFAR

Aging later: is there a hope?

PROF. DAVID SINCLAIR

Professor of Genetics at the Blavatnik Institute, Harvard Medical School, President of the Academy for Health and Lifespan Research (AHLR), and Co-Chief Editor of the journal Aging.

Is aging truly reversible?

BrainCircle Italia thanks for the support





MARCH 25
9:00 - 18:30

TEATRO FRANCO PARENTI
Via Pier Lombardo 14, Milano

AGING INTELLIGENCE IN EVERY DAY LIFE

The talks will be in Italian and English with simultaneous translation

▼ 9:00

OPENING ADDRESSES

ALBERTO BERETTA

President Fondazione Solongevity

PIERFRANCESCO MARAN

Councillor for Housing and Neighbourhood Planning - Municipality of Milan

▼ 9:15 - 10:30

THE CITY OF LONGEVITY

Chair **NICOLA PALMARINI**

Director of Nica, UK's Innovation Center of Ageing

Keynote address **ARCH. STEFANO BOERI**

A new concept of cities' evolution

ROUNDTABLE

The Cities of Longevity. International Experiences

GIORGIO GORI

Mayors of Bergamo

STEFANO BOERI

Architect

JOSEP BOHIGAS

Architect in Chief in Barcelona

PIERFRANCESCO MARAN

Councillor for Housing and Neighbourhood Planning - Municipality of Milan

FRANÇOIS SARKOZY

Président FSNB Health & Care

▼ 10:30 - 12:00

LONGEVITY, REDESIGNING SERVICES AND OPPORTUNITIES

Chair **NICOLA PALMARINI**

Director of Nica, UK's Innovation Center fo Ageing

Keynote address **TINA WOODS**

British Society for Research on Aging, Founder and CEO Collider Health and Business for Health

ROUNDTABLE

The actors in the longevity scene

GIULIO CARLO DELL'AMICO

Partner KPMG, Global Strategy Group, Head of Italy

ENRICO CAPPELLETTI

Health, Corporate & Performance Sales Director Technogym

LUIGI CONTE

President ANASF

GUIDO CORNETTONE

AD SoLongevity

EMIDIO CROCE

General Manager Laboratoire Filorga Italia

MAURIZIO DE PALMA

Chief Executive Officer Cocooners

ALBERTO DOLCI

Global Strategic Health & Science programs manager Bolton Food

ENRICO MANARESI

Communication Director Technogym

DR. TZIPI STRAUSS

Head of Sheba Longevity Center

▼ 12:00 - 12:20

Keynote Address **HARRIS EYRE**

Leader Brain Capital Alliance

Brain Capital: A new approach for healthy longevity

▼ 12:20 - 13:15

ROUNDTABLE

LONGEVITY SENIOR WORK ABILITY

New organisation models: case histories

Chair **CETTI GALANTE**

AD INTOO - GI Group Holding

ROUNDTABLE

New organisation models: case histories

LAURA BRUNO

People & Culture Director Sanofi Italia

MARIA EMANUELA SALATI

Fondazione ATM Director

▼ 14:30 - 17:00

NEW FRONTIERS IN LONGEVITY MEDICINE

Chair **PROF. MARIO MAGO CLERICI**

Immunology and Immunopathology, Università degli Studi, Milano

DR. STEVE HORVATH

Genetist and biostatistician, UCLA, principal investigator Altos Lab, co-founder of Clock Foundation

Epigenetic clocks and other methylation based biomarkers for studying human health

DR. DAVID FURMAN

Director of the Stanford 1000 Immunomes Project, Chief of the Center for AI and Data Science of Aging at the Buck Institute for Research on Aging

Immune aging and inflammation: from biomarkers to clinical trials

PROF. SILVANO ZANUSO

Scientific Research & Communication Director at Technogym, Adjunct Associate Professor at the Edith Cowan University in Perth

Exercise and Healthy Longevity

DR. SOFIYA MILMAN

Professor of Medicine (Endocrinology) and Genetics. Interim Vice Chair for Research, Department of Medicine. Director, Human Longevity Studies Institute for Aging Research. Albert Einstein College of Medicine. Montefiore Medical Center

Growth Hormone in Aging: Friend or Foe?

DR. JOAN MANNICK

CEO Tornado Therapeutics

Using rapamycin derivatives to treat aging-related diseases in humans

DR. ALBERTO BERETTA

President Fondazione Solongevity

Bringing longevity science to clinical practice

▼ 17:00 - 18:00

ROUNDTABLE

FEMGEVITY, LONGEVITY IN WOMEN'S LIVES

Why women age differently

Chair **MYRIAM DEFILIPPI**

Journalist, deputy editor Donna Moderna/Stile Italia Ed

DR. FRANCESCA BAGLIO

Neurologist at the IRCCS S. Maria Nascente - Fondazione Don Carlo Gnocchi

CRISTINA CASSESE

Cultural Anthropologist, Opinion Leader Filorga

PROF. HELLAS CENA

Prorector, MD and Professor of Dietetics and Clinical Nutrition University of Pavia. Clinical Nutrition Unit - ICS Maugeri IRCCS

PROF. GUENDALINA GRAFFIGNA

Professor of Consumer and Health Psychology and Director of the EngageMinds HUB, Catholic University of the Sacred Heart Cremona

EMANUELA NOTARI

Longevity Strategist, partner Active Longevity Institute

Fondazione Solongevity thanks for the support



MARCH 26
10:00 - 17:45

MEET THEATER
Via Vittorio Veneto 2, Milano

THE LONGEVITY REVOLUTION: ITALY AT THE HEART OF CHANGE

The talks will be in Italian and English with simultaneous translation

▼ 10:00

OPENING ADDRESSES

NICOLA MARINO

Founder and director Fondazione AEON

FRANCESCO CAROLI

Municipality of Milan, National Coordinator of the WHO Healthy Cities Network

▼ 10:15 - 11:35

ROUNDTABLE

**TOWARDS A SHARED DEFINITION OF LONGEVITY
MEDICINE**

Keynote speaker **PROF. VALTER LONGO**

Director of the Longevity Institute, USC

Fasting mimicking diets, Longevity and Disease

Chair **LUDOVICO BALDESSIN**

CEO EDRA spa

PROF. ROBERTO BERNABEI

Professor Catholic University of Sacred Heart

PROF. SILVIO GARATTINI

President Mario Negri Institute

DR. CHIARA HERZOG

Researcher and lecturer at the University of Innsbruck

FEDERICO ESPOSTI

COO San Raffaele

DR. PIERLUIGI PARACCHI

CEO Genenta Science

▼ 11:35 - 12:45

ROUNDTABLE

**RESILIENT DEMOGRAPHY THROUGH THE LONGEVITY
REVOLUTION: THE POLITICAL CHALLENGE**

Chair **NICOLA MARINO**

Director, Aeon Foundation

HON. ELENA BONETTI

Former Minister for Family and Equal Opportunities and MP

PROF. ELSA FORNERO

Former Minister of Labor and economist

LAMBERTO BERTOLÉ

Councilor for Welfare and Health, Municipality of Milan

PROF. MARCO MARAZZA

Catholic University of Sacred Heart

▼ 12:45 - 13:45

ROUNDTABLE

TECHNOLOGY-DRIVEN LONGEVITY

Keynote speaker **SIMONE BIANCO**

P.I. Altos Labs

Unraveling the mysteries of youth, aging and health with AI

DR. MARCO QUARTA

CEO Rubedo Life Sciences

PROF. ANDREA MAIER

Director Centre for Healthy Longevity at National University of Singapore (NUS)

DR. ANNA ERAT

Medical Director Longevity Center, Zurich, Switzerland

PROF. GIORGIO MARIA CALORI

Former president and Ambassador ETROT

DR. VITTORIO SEBASTIANO

CEO Turn Biotechnologies

▼ 14:30 - 15:30

ROUNDTABLE

RESHAPING BUSINESS MODELS THROUGH LONGEVITY

Keynote speaker **MARCO VULPIANI**

Life science leader Deloitte

Economic opportunities in the Age of Longevity

Chair **EMMANUEL CONTE**

Councilor for Budget and Real Estate of the Municipality of Milan

STEFANO MASSARO

CEO CERBA Healthcare Italia

LI WU

CEO Virtusan

ERICA ALESSANDRI

Member of the Board of Directors Technogym

DR. STEFANO MALAGOLI

Partner Silver Economy Fund Quadrivio Group

PAOLO BINETTI

Longevity Dealflow Contributor at VitaDAO

▼ 15:30 - 16:15

ROUNDTABLE

SUPPORTING THE NEW INDUSTRIAL TRANSITION

PROF. FRANCESCO PRIORE

Manager Active Longevity Institute

ANNAROSA RACCA

President Federfarma

MASSIMO CAPUTI

President Federterme

LUCA MAGNANI

Quality Director Esselunga

▼ 16:30 - 17:45

ROUNDTABLE

LONGEVITY:

THE GROWING ECOSYSTEM OF OPPORTUNITIES

Keynote speaker **MARIA SICLARI**

CEO ISPRA

The One Health approach for sustainable economic growth

MARCO MANICHELLI

Managing shareholder Sirtlife

RICCARDO MANCA

CEO TomaLab

ANDREA MARINO

CEO Nova

MATTEO CERBONESCHI

CEO Next Genomics

SHARON CITTONE

CEO Edible Planet Venture

ANTONLUCA MATARAZZO

CEO Valter Longo Foundation

Fondazione Aeon thanks for the support



The strategic partners of this session are:



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MARCH 26
10:00 - 13:00

**AUDITORIUM SOCIAL
INNOVATION ACADEMY DI MIND**
Milano Innovation District

LONGEVITY: SOCIAL IMPACT AND TERRITORIAL NETWORKS

The event will be in Italian

Organized by **FONDAZIONE TRIULZA, ANTEAS
LOMBARDIA, AUSER LOMBARDIA**, with **FONDAZIONE DI
COMUNITÀ, MILANO**

Chair **DR. PAOLA TESTORI COGGI**

Ambassador Future of Health, Federated Innovation @MIND

▼ **10:00**
OPENING ADDRESSES

MASSIMO MINELLI

President Fondazione Triulza

VIVIANA KASAM

President BrainCircle Italia

▼ **10:15 - 11:00**

**HEALTHY AND ACTIVE LONGEVITY ACCESSIBLE TO ALL:
PLAYERS, TOOLS, MODELS**

PROF. FRANCESCO LONGO

*Director, Centre for Research on Health and Social Care Management
(Cergas), Università Bocconi, Milan*

Platform welfare. New logic to innovate social services

DR. DAVIDE LUCANTONI

*Centre for Socio-Economic Research on Aging, National Institute of Health
and Science on Aging (IRCCS INRCA), Ancona*

**The project “National multilevel co-managed coordination of
aging policies”: impact and recommendations**

▼ **11:00 - 11:30**

ROUNDTABLE

**ACTIVE AGING, DRIVER FOR GENERATIVITY AND SOCIAL
AND TERRITORIAL INNOVATION**

Special focus on:

- **Social and economic impact of territorial networks**
- **How aging needs change: Socialization, Lifestyle,
Culture, Tourism and Digitalization.**

LAMBERTO BERTOLÉ

Councilor of Welfare and Health, Municipality of Milan

FULVIA COLOMBINI

President, Auser Lombardia

GLORIA BERTOLOTTI

President, Anteas Lombardia

DR. ELENA LUCCHINI

Social Policy Counsellor, Lombardy Region

DR. FILIPPO PETROLATI

Director, Fondazione di Comunità Milano

▼ 11:50 - 12:30

OPENING ADDRESSES

NEW ALLIANCES BETWEEN RESEARCH AND CIVIL SOCIETY TO PREVENT AND SUPPORT FRAGILITY

FRANCESCO CAROLI

Municipality of Milan, National Coordinator of the WHO Healthy Cities Network

PROF. GIUSEPPE BANFI

Vice President, Rete AGIN, Scientific Director, I.R.C.C.S. Ospedale Galeazzi Sant'Ambrogio

and **DR. FELICE ROMEO**

Board Member of Fondazione Triulza

MIND a territorial breeding ground for co-designin

DR. FABIO DIANA

Director Fondazione Easycare

Promoting and coordinating networks of solidarity in the field of health and care. The model of Pronto Serenità.

DR. CHRISTIAN LUNETTA

Head of the Department of Rehabilitation Neurology, Istituti Clinici Scientifici Maugeri ICRSS

The role of rehabilitation in the context of multidisciplinary approach

▼ 12:30

CONCLUDING REMARKS

DR. PAOLA TESTORI COGGI

Ambassador Future of Health, Federated Innovation @MIND



MARCH 27
10:00 - 18:00

**UNIVERSITÀ DEGLI STUDI DI
MILANO STATALE**

Aula Magna

THE CHALLENGES OF AN AGING POPULATION

The event will be in Italian

Organized by Università degli Studi di Milano Statale,
HEBE Project, Giovanni Lorenzini Foundation
and BrainCircle Italia

▼ 10:00
OPENING ADDRESSES

VIVIANA KASAM

President BrainCircle Italia

EMANUELA FOLCO

CEO, Lorenzini Foundation

▼ 10:30 - 13:00

ROUNDTABLE

HEALTH AND SCIENTIFIC HUMANISM

The Questions:

- Longevity or healthy aging?
- Can we protect younger generations from early aging?
- What are the implications for a wellbeing-oriented workplace?
- How to compensate risk factors for early aging with wellbeing?

Chair **PROF. ELIA BIGANZOLI**

Progetto HEBE UNIMI

PROF. MARIA PIA ABBRACCHIO

Full professor of pharmacology at the University of Milan, where she serves as Vice-Chancellor and Vice Rector for Research and Innovation

Research Challenges for a Human-centered Future in a Multidisciplinary University

PROF. ELIO FRANZINI

Rector, University of Milan

The Relationship between Philosophy and Health

PROF. LUCIO ROVATI

Presidente Onorario Fondazione Rovati

Art Museums: Culture, Health and Longevity

ARMANDO MASSARENTI

Philosopher and epistemologist

Are we happier after 65?

PROF. EVA CANTARELLA

And in Ancient Greece? Sixty years without escape

Testimonial **PIERO BASSETTI**

Entrepreneur



▼ 14:00 - 14:30

ROUNDTABLE

HEBE POSTER DISCUSSION AND AWARD

Chair **DANIELA LUCINI**

Sport Medicine Professor, UNIMI

▼ 14:30 - 18:00

ROUNDTABLE

HEALTHY AGING BEGINS IN THE WOMB

EPIGENETICS AND BRAIN IN LONGLIFE HEALTH

Chair **PROF. MARIO MAGO CLERICI**

Progetto HEBE UNIMI

PROF. SERGIO PECORELLI

*President Giovanni Lorenzini Medical Foundation New York, Professor and
Chancellor Emeritus University of Brescia, TED Speaker*

Healthy Aging: a lifelong task

PROF. CLAUDIO FRANCESCHI

Professor Emeritus University Alma Mater, Bologna

Targeting inflammation of aging

PROF. PAOLO FIORINA

Professor, Medical Faculty, University of Milan

Diabetes and inflammaging

PROF. VALENTINA BOLLATI

Associate Professor at the University of Milan

The Epigenetic Protection of Health. The HEBE project

PROF. MICHELA MATTEOLI

*Director, Institute of Neuroscience (CNR), Full Professor of Pharmacology
at Humanitas University and Director of the Neuroscience Program at the
Humanitas Research Hospital*

Synaptogenesis and preservation of cognitive functions

PROF. AVIV MEZER

Leader Human Brain Biophysics lab, ELSC, Hebrew University of Jerusalem

**The human Brain: structural changes with age and their
impact**

PROF. HANNAH MONYER

*Professor, Department Clinical Neurobiology, Medical Faculty, Heidelberg
University*

**Marcel Proust's "La petite phrase":
On the rejuvenating effect of music**

▼ 20:30

BRAIN WELLNESS CONCERT





MILAN LONGEVITY SUMMIT

MILANO
14|27 MARCH 2024

The Milan Longevity Summit features a rich program of conferences, all open to the public (online registration is required).

This was made possible thanks to the generosity and enthusiasm of the Companies, Foundations and benefactors who gave their unconditional support and to whom we wish to express our profound gratitude.

Dinauskaman

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Barbara Levi

And for the exhibition Forever Young

Alessandra Bimonte

TEATRO FRANCO PARENTI

Alessandro Ceresi

LSWR

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Culture and Events Art Director

Valentina Ferraro

Voice over artist

Maria Nguyen-Nhu

Sound healer

Nick Tignosini

Photographer and video maker



Reservations must be made directly on the Theater website

▼ MARCH 23 | 18:00

NONNETTI (A CHILDREN'S SHOW)



By and with Giorgio Boccassi and Donata Boggio Sola,
directed by Valerio Bongiorno, sets and costumes by Mirella Salvischiani with
the collaboration of Alessandro Aresu,
multimedia images by Massimo Rigo, music selection
by Giorgio Boccassi, lighting and sound engineer Diego Gottardo.

Special thanks to
the Municipality of Silvano d'Orba (AL) and the
Municipality of Tortona (AL).
Einstein Cutlery Production. It won the best show
award at the "Vimercate Children's Festival" 2021.
Winner of the "Porto Sant'Elpidio - ittà dei
bambini" Award - Festival I teatri del mondo 2022.
A show of few words, full of comedy and
emotions, expressing the strength of older people.

▼ MARCH 23 | 21:00

LA GIOVINEZZA È SOPRAVALUTATA

Youth is overestimated



by Paolo Hendel, directed by Gioele Dix,
music by Savino Cesario.

Young people take center stage, but
we take a poetic look at the passing of
time.

▼ MARCH 24 | 17:00

READING AGE PRIDE



by Lidia Ravera,
with Alessandra Faiella
sets by Luca Scarsella.

Let's set ourselves free from age-related
prejudices.

Un progetto di

MEET DIGITAL
CULTURE
CENTER

Fondazione
CARIPLO

In collaborazione con

CUBE GARGES

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**8 MILAN
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FONDAZIONE
FRANCO-ITALIANA
PER LA CREAZIONE
CONTEMPORANEA

FOREVER YOUNG

The Dorian
Gray Syndrome

↳ DIGITAL
EXPERIENCE

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March 14—
June 2
2024

Viale Vittorio
Veneto 2
—Milano



PATROCINIO
Comune di
Milano