



PATROCINIO  
Comune di  
Milano



MILANO  
14|27 MARZO  
2024

# RISCRIVERE IL TEMPO

Science and Myths  
of the Longevity Rush

[milanlongevitysummit.org](https://milanlongevitysummit.org)

OFFICIAL PROGRAM

CON IL CONTRIBUTO DI



Regione  
Lombardia

UN PROGETTO DI



**BRAIN CIRCLE**  
ITALIA



Un progetto di  
**MEET** DIGITAL CULTURE CENTER  
Fondazione CARIPLO

In collaborazione con  
**CUBE GARGES**

Parte di  
**MILAN LONGEVITY SUMMIT**

Con il supporto di  
**nume o cen vi ati**  
FONDAZIONE FRANCO-ITALIANA PER LA CREAZIONE CONTEMPORANEA



MILANO  
**14|27 MARCH 2024**

# FOREVER YOUNG

The Dorian Gray Syndrome

↳ DIGITAL EXPERIENCE

March 14—  
June 2  
2024

Viale Vittorio Veneto 2  
—Milano



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**  
Major 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, BrainCircuitalia  
Creator and organizer of the MilanLongevitySummit



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## GENOS: i nostri percorsi su misura per te

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Per prenotazioni o informazioni:

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E-mail: [checkup.segreteria@hsr.it](mailto:checkup.segreteria@hsr.it)



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I.R.C.C.S. Ospedale  
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MILAN  
LONGEVITY  
SUMMIT

MILANO  
14|27 MARCH 2024

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*Vice-President BrainCircleItalia, Women Economic Forum President Italy*

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*Director Teatro Franco Parenti, Milan*

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*President Missione Sogni ONLUS*

**DONATELLA CECCARELLI**

*President and A.D. Flick Foundation in Wien.*

**CHRISTINE OCKRENT**

*Writer and Journalist*

**ILHAN NEBIOGLU**

*Managing Partner at Long Capital Partners Limited*

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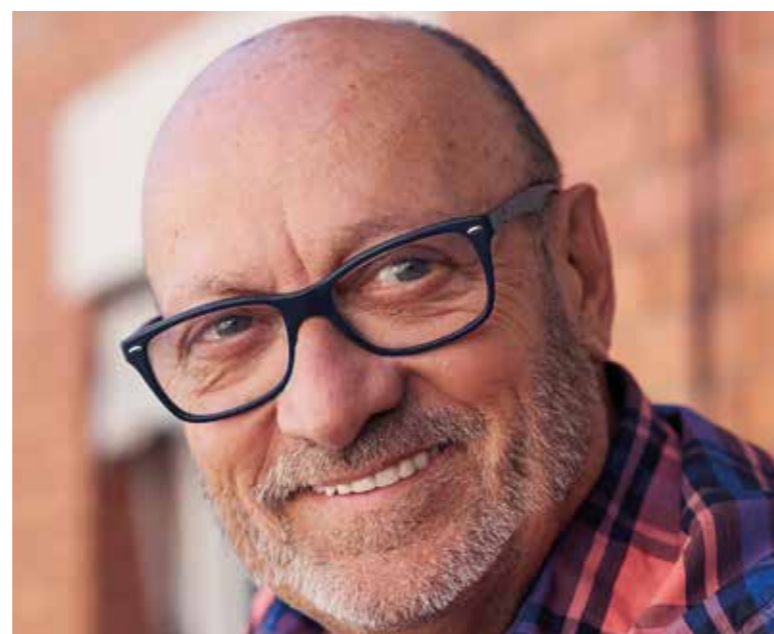
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MILANO  
14|27 MARCH 2024

## RISCRIVERE IL TEMPO

### SCIENCE AND MYTHS OF THE LONGEVITY RUSH

A PROJECT BY  
**VIVIANA KASAM**

ORGANIZED BY  
**BRAINIRCLE ITALIA**

ORGANIZING COMMITTEE  
MARIA PIA ABBRACCHIO  
GIANCARLO AGNELLI  
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IN PARTNERSHIP WITH  
**ACADEMY FOR HEALTH  
AND LIFESPAN RESEARCH (AHLR)**  
**LONGEVITY BIOTECHNOLOGY  
ASSOCIATION (LBA)**  
**HEBREW UNIVERSITY  
OF JERUSALEM**  
**ELSC**  
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FONDAZIONE CARIPLO**  
**IRCCS OSPEDALE SAN RAFFAELE**  
**ISTITUTI CLINICI SCIENTIFICI  
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**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



# - SILVER ECONOMY FUND -

*Prevention, Quality of Life, Aging in Place*

The private equity fund investing in service and product companies for the Silver Age

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ORGANIZZATO DA

MILANO  
14-17 MARZO 2024  
BRAIN CIRCLE

## 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.



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# Welcome to Your Energy Future



**MARCH 14**  
18:30 - 21:00

**MEET THEATER**  
Via Vittorio Veneto 2, Milano

**MEET** DIGITAL CULTURE CENTER | Fondazione CARIPLO

## 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, among others: Inès Alpha, Inès Sieulle, Albertine Meunier, Gabriel Léger, Ethel Lilienfeld, Chris Salter, and Mauro Martino. 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.



# Precision Longevity™

## FOR A BETTER LIFETIME

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### HOW

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The most integrated advanced diagnostics for targeted longevity therapeutics.

### WE

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

### FOR YOU

A healthier and enjoyable life.



CONTACT US

[solongevity.com](http://solongevity.com)



**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



**MARCH 21**  
18:00 - 20:30

**MEET THEATER**  
Via Vittorio Veneto 2, Milano

**MTHEE  
MEDIA  
TGURU**

## 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**

## 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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**87%**  
OF WOMEN OBSERVED  
SKIN LOOKS  
SMOOTHER  
FIRMER  
MORE RADIANT\*\*

[1] Brand Filorga - Source Neolife FY 2023 - Self and face care treatments, anti-age, retinol, Pharmacy Parapharmacy, Mass Market Cosmetics, E-commerce.  
[2] OpinionWay consumer study for FILORGA - 128 users - 10 days of use of NCEF-SHOT serum. \*Founded in 1978.





**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**

Primario Unità di Neurologia, servizio di Neurofisiologia e Unità di Neuroriabilitazione dell'IRCCS Ospedale San Raffaele

**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

**DR. LARS HARTENSTEIN**

Co-leader McKinsey Health Institute, Geneva

**PROF. RYM AYADI**

EMEA Founder and President, Professor at the Bayes Business School, City University of London, Co-Founder of the Brain Capital Alliance

**PROF. GIOVANNI TRIA**

President Enea Tech e Biomedical

**PROF. GIOVANNI AZZONE**

Presidente Fondazione CARIPL0

**DR. TZIPI STRAUSS**

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

**NERIO ALESSANDRI**

President Wellness Foundation

**CONCLUDING REMARKS**

**FEDERICO ESPOSTI**

COO IRCCS Ospedale San Raffaele

**UniSalute**  
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

**MARCH 24**  
15:00 - 18:00



## 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**

## 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 PrcnX / 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

Fondazione  
**SoLongevity.**

## 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 Dealfow 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 CITTONI**

CEO Edible Planet Venture

#### **ANTONLUCA MATARAZZO**

CEO Valter Longo Foundation

Fondazione Aeon thanks for the support



The strategic partners of this session are:



The media partners of this session are:







**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*



ICS Maugeri è leader nazionale nella Medicina Riabilitativa, nelle Cure Specialistiche e nella Ricerca Scientifica. Oggi in 7 regioni con 23 strutture sanitarie: 9 IRCCS e 8 Istituti Clinici Scientifici, 5 Poliambulatori, un Centro Antiveleni - Tossicologico e un Centro Ricerche Ambientali.

[www.icsmaugeri.it](http://www.icsmaugeri.it)





**MARCH 27**  
10:00 - 18:00

**UNIVERSITÀ DEGLI STUDI DI  
MILANO STATALE**  
Aula Magna



UNIVERSITÀ  
DEGLI STUDI  
DI MILANO



## 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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## A SPECIAL THANKS TO

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**Marta Bochicchio**

*Project manager*

**Luisa Capelli**

*Coordinator for digital project  
and web communication*

**Adele Diana Tosti**

*Marketing and external relations*

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*Administration*

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**Francesca Bordignon**

**Scilla Chirizzi**

### MEET DIGITAL CULTURE CENTER

**Costanza Falco**

**Barbara Levi**

*And for the exhibition Forever Young*

**Alessandra Bimonte**

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### FOR THE PROJECT OMAGGIO ALLE GRANDI VITE

**Dario Bolis**

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*And the publisher*

**Giuseppe Zapelloni**

### ALTRACUCINA

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**Giuliana Cassetti**

### FOR THE COVER IMAGE

**Nai\_ma**

### AND

**Camilla Baresani**

*Writer and Journalist*

**Angelo Bucarelli**

*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 SOPRAVVALUTATA

Youth is overestimated



*Written by Paolo Hendel and Marco Vicari, directed by Gioele Dix,  
sets by Francesca Guarnone, music by Savino Cesario.*

Fears and weaknesses take center stage, but  
above all it's an ironic look at the passing of  
time.

### ▼ MARCH 24 | 17:00

#### READING AGE PRIDE



*Based on the book Age Pride by Lidia Ravera,  
directed by Emanuela Giordano, with Alessandra Faiella  
and Giovanna Famulari, images by Luca Scarsella.*

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



