

4th Edition 2026 - Conference Schedule

Day 1 -

08:00 AM - 09:00 AM

1. Registration & Networking Breakfast

In-person & Virtual Lounge

09:00 AM - 09:30 AM

2. Opening Ceremony & Welcome Address

Keynote Address

09:30 AM - 10:30 AM

3. Plenary Keynote Session 1

Science and Mechanisms of Aging

10:30 AM - 11:00 AM

4. Coffee Break & Poster Viewing

No description available.

11:00 AM - 12:30 PM

5. Thematic Sessions – Block A

- Session A1 – Biomarkers and Diagnostics for Aging
- Session A2 – Stem Cells and Regenerative Medicine
- Session A3 – The Role of the Microbiome in ...

12:30 PM - 01:30 PM

6. Lunch Break & Virtual Networking

No description available.

01:30 PM - 03:00 PM

7. Panel Discussion

The AI Revolution in Longevity Research

03:00 PM - 04:30 PM

8. Thematic Sessions – Block B

- Session B1 – Nutrition Interventions for Healthy Aging
- Session B2 – Biological Theories of Aging
- Session B3 – Neurodegeneration and Cognitive Longevity

04:30 PM - 05:00 PM

9. Coffee Break

No description available.

05:00 PM - 06:00 PM

10. Industry Innovation Showcase (Hybrid)

Short talks and demos from biotech and health tech companies advancing longevity solutions

06:00 PM - 07:00 PM

11. Networking Reception & Poster Awards Ceremony

(In-person) / Virtual Social Lounge

Day 2 -

08:30 AM - 09:30 AM

1. Morning Wellness Session

Mindfulness & Mobility for Longevity

09:30 AM - 11:00 AM

2. Plenary Keynote Session 2

Hormonal Regulation, Sleep, and Circadian Rhythms in Aging

11:00 AM - 12:30 PM

3. Thematic Sessions – Block C

- Session C1 – Frailty, Falls, and Functional Longevity
- Session C2 – Clinical Gerontology and Geriatrics
- Session C3 – Senescence and Cellular Rejuvenation

12:30 PM - 01:30 PM

4. Lunch Break & Poster Viewing

No description available.

01:30 PM - 03:00 PM

5. Thematic Sessions – Block D

- Session D1 – Metabolic Pathways and Longevity
- Session D2 – Psychological & Emotional Well-being in Aging
- Session D3 – Pharmacological Interventions and Anti-Aging Drugs

03:00 PM - 03:30 PM

6. Coffee Break @ Lounge

No description available.

03:30 PM - 05:00 PM

7. Roundtable Discussions (Hybrid Interactive Rooms)

- Lifestyle Interventions and Behavioral Change
- Financial, Social & Economic Impacts of Aging Populations
- Integrative and Personalized Longevity Medicine

05:00 PM - 05:45 PM

8. Closing Keynote Panel: “Longevity 2030: Where Are We Headed?”

Panelists: Global leaders from WHO, biotech, policy, and aging research

05:45 PM - 06:00 PM

9. Closing Remarks & Future Directions

No description available.

06:30 PM - 08:30 PM

10. Farewell Gala Dinner

(In-person only)

Day 3 -