

Dear Sirs,

what follows is a brief summary of the activities carried out during the Milan Longevity Summit, March 14- 27.

The week started on March 14 at the Meet Digital Media Center with the opening of the exhibition "Forever Young - The Dorian Gray Syndrome, which set the tone for the following events.

The first conference, 'Centenarians - Yesterday, Today and Tomorrow', was held at the prestigious Bocconi University's Franceschi Hall, introducing the theme of healthy span and the blue zones.

March 21st was a very eventful day, which started in the Sala Alessi, at the Municipality of Milan in the presence of Mayor Sala, a large representation of the media and the city's most distinguished citizens, who were recognised for their contributions with the 'Grandi Vite' Award. Prof. Barzilai, Prof. Metzl and Prof. Notarnicola outlined the main themes to be discussed, captivating the attention of the audience in the room. In the afternoon, the Meet Digital Center hosted the lecture by one of the most acclaimed AI scientists, Jamie Metzl who presented in a very engaging way the present-day scenario about Longevity and Innovation.

A social event was hosted by Lundbeck at an iconic place in the center of town to toast to the Summit

On March 22nd, two of the Summit's prestigious partners, Ospedale San Raffaele and Fondazione Maugeri, engaged in a conference focusing on "All the tools for Aging Better" providing an exhaustive journey across what it takes to ensure healthy aging.

A special event was planned in the evening at the Lundbeck Italia facilities: Jamie Metzl and Prof. Martinotti guided the invitees through an experiential Chocolate Shaman Night from a specific scientific point of view.

Teatro Parenti hosted the 'Aging Revolution' the two most awaited for conferences of the Summit (March 23-24) with the participation of today's most established international scientists presenting a review of the most advanced and visionary research projects, enthralling audiences and media alike.

A guided tour of the Veneranda Biblioteca Ambrosiana was organized in the evening of the 23rd, followed by a gala dinner with a menu combining Mediterranean flavors and healthy diet

La Scala, a must, was scheduled on the 24th in the evening with a voice recital of Rosa Feola followed by dinner at the iconic Cracco in Galleria.

On March 25th and still at the Teatro Parenti, Solongevity, another distinguished Summit partner, organized “Aging Intelligence in Everyday Life”, discussing a wide array of topical themes that will shape our society in the future, from the cities of longevity, to longevity senior workability, longevity in women’s lives and the new frontiers in longevity medicine.

On March 26th, AEON and Fondazione Triulza, other two partners of the Longevity Summit, focused on ‘Italy at the Heart of Change’ (Meet Digital Media Center) and ‘Longevity – Social Impact and Territorial Networks ((Academy di Mind, Milan Innovation District) discussing investments and industrial transition, biotech options, longevity accessible to all.

Milan’s oldest historical club, Società del Giardino, opened its doors in the evening to the distinguished scholars and guests.

‘ The Challenge of an Aging Population’ was the theme analysed and discussed by our partner Università degli Studi Milano Statale, with presentations spanning from health and scientific humanism to epigenetics and brain.