



MILAN LONGEVITY SUMMIT

Exercizing Longevity
March 21-29
2025

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The Milan Longevity Summit is a premier global event dedicated to exploring longevity through a multidisciplinary perspective. Recognized as the most significant international conference on this transformative topic, the Summit is proudly supported by the Lombardy Region and the City of Milan, highlighting their unwavering commitment to innovation, leadership, and progress in health and wellness.

In 2024, for an entire week, Milan became the global hub for groundbreaking discussions bringing together over 100 of the world's leading experts. The Summit offered an unparalleled platform for collaboration, knowledge exchange, and visionary thinking, addressing the most pressing challenges and opportunities shaping the future of longevity.

By connecting thought leaders across science, technology, healthcare, and public policy, the Milan Longevity Summit inspires transformative action and empowers global progress in the pursuit of healthier, longer lives.

At the heart of the Milan Longevity Summit, The Longevity Labs offer immersive, hands-on experiences designed to bridge the gap between knowledge and action. These dynamic workshops empower participants with practical tools and actionable strategies to enhance health, well-being, and longevity in everyday life.

Led by world-class experts, The Longevity Labs transform cutting-edge research into engaging, real-world applications. Whether it's exploring innovative technologies, mastering lifestyle techniques, or gaining insights into the future of aging, these labs inspire participants to actively shape their journey toward a longer, healthier life.

In 2026, the Milan Longevity Summit evolves into a bold, citywide activation that merges science, business, and citizen engagement.

This edition will bring together global leaders and local communities in an immersive journey through the future of longevity—across people, planet, and policy.

What to expect:

A 4-day international conference featuring Nobel Laureates, global CEOs, and visionary researchers

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10 Longevity Houses across Milan, each transforming a public square into an experiential hub

A **nationwide Roadshow**, activating cities throughout Italy with thematic events

A **global Innovation Challenge**, connecting startups, VCs, and corporates

The launch of the **Longevity District**, Milan's permanent innovation hub for healthspan and sustainability

2026 is not just an event.

It's a movement.

And Milan is leading the way.

2 0 2 5 E D I T I O N

OUR NUMBERS

The Summit received widespread attention from leading media and digital channels, solidifying its status as a global reference point in longevity research.

AUDIENCE

8.500+

REGISTRATIONS

LONGEVITY LABS

60

UNIQUE LABS

CONFERENCE

6

DAYS

EVENTBRITE

40.000

VIEWS

SPEAKERS

100+

GLOBALLY RECOGNIZED

MEDIA COVERAGE

580

ARTICLES

AVE/OTS

4.161.000

AVE

223.487.000

OTS

STREAMING SUCCESS

8.139

VIEWS

4.067

UNIQUE VIEWERS

WEBSITE

4.223

NEW USERS IN 2 MONTHS

VLS

1.455

STREAMING VIEWS

60

ARTICLES IN 2 DAYS

420

REGISTRATIONS

