

1st Forum on Healthy Longevity

Science with Social Impact: From Knowledge to Practice

*Tuesday, November 18, 2025
Basil & Elise Goulandris Foundation*

08:30 – 09:30

Registration

09:30 – 09:45

Opening Remarks

- **Professor George P. Chrousos**
President, Hellenic Institute for Healthy Longevity; Academician; Professor of Pediatrics & Endocrinology; President, Hellenic Pasteur Institute

09:45 – 09:55

Welcome Address

- **Professor Nikiforos Diamandouros**
Vice-President, Academy of Athens

09:55 – 10:00

Welcome Address

- **George Patoulis**
President, Athens Medical Association

10:00 – 10:20

Healthy Longevity as a National Priority

- **Adonis Georgiadis**
Minister of Health

10:20 – 11:00

Healthy Longevity: Global Perspectives and Best Practices in Care

- **Professor Andrea B. Maier**
Professor, National University of Singapore, Centre for Healthy Longevity, Yong Loo Lin School of Medicine; University of Amsterdam, co-Founder Healthy Longevity Medicine Society

11:00 – 12:00

Geoscience: from *C. elegans* to Humans: What Do We Know?

Moderator: Maria Douroudi, SKAI

- **Dr. Dimitrios Vlachakis**
MSc, MPhil, PhD, MGS, FGS, MRSC, MRSB, MRSMed, Professor of Genetics, Laboratory of Genetics, Department of Biotechnology, School of Applied Biology & Biotechnology, Agricultural University of Athens

- **Dr. Stathis Gonos**
Director, Institute of Chemical Biology, National Hellenic Research Foundation; Docent, Orebro University, Medical School, Sweden
- **Professor Vassilis Gorgoulis**
Professor and Director, Laboratory of Histology–Embryology, Medical School, National and Kapodistrian University of Athens; Professor and Chair, Clinical Molecular Pathology, Medical School, University of Dundee
- **Dr. Dimitrios Kletsas**
Director, Institute of Biosciences & Applications, NCSR “Demokritos”
- **Dr. Nektarios Tavernarakis**
Professor of Systems Molecular Biology, Director of the Laboratory of Neurogenetics and Aging, School of Medicine, University of Crete; Research Director, Institute of Molecular Biology and Biotechnology, Foundation for Research and Technology – Hellas (FORTH)

12:00 – 12:15

Coffee Break

12:15 – 13:00

Healthy Longevity and Lifestyle Medicine – Applications in Clinical Practice

Moderator: Mihalīs Kefalogiannis SKAI

- **Dr. Kimon Volikas, MD, PhD**
Consultant Internist; Professor of Geriatrics, St. George’s Medical School, University of Nicosia
- **Dr. Kalliopi Kalaitzi**
Specialist in Physical Medicine & Rehabilitation; Head, Medical Team for Lifestyle Medicine, Personalized Prevention & Longevity in Greece
- **Dr. Michail Papacharalambous**
Consultant Internist, IASO General Clinic
- **Professor Constantine A. Stratakis, MD, D(Med)Sci, PhD**
Clinical Geneticist; Professor of Pediatrics, National and Kapodistrian University of Athens

13:00 – 13:20

Measuring the Invisible: The Exposome as a Key to Healthy Longevity

- **Professor Andrea B. Maier**
Professor, National University of Singapore, Centre for Healthy Longevity, Yong Loo Lin School of Medicine; University of Amsterdam, co-Founder Healthy Longevity Medicine Society

13:20 – 13:50

The Secret's in Our Blood: Rethinking Aging Therapies and Precision Medicine

- **Dr. Lida Katsimpardi**
Head of the Research Team, Institute of Regenerative Biology, University of Montpellier

13:50 – 14:30

Lunch Break

14:30 – 15:00

The “Longevity Dividend”: Aging Societies, Implications, Challenges, and the Road Ahead

- **Dr. Evi Chatziandreou, MD, MPH, DrPH**
Scientific Advisor, Nao Longevity Hub; iDNA Genomics, Spokesperson, Hellenic Institute for Healthy Longevity

15:00 – 15:30

A Conversation with the Minister

Moderator: Makis Provatas

- **Kostis Hatzidakis**
Vice-President, Hellenic Government

15:30 – 16:00

The Skin as a Mirror of Longevity: From Treatment to Prevention

- **Dr. Anna Marie Olsen**
Associate Professor, University College London

16:00 – 16:30

Neuronutrients in Brain Health and Longevity Medicine: From the Bench, Minibrain Organoids and Biopolymers to the Clinic

- **Professor Vittorio Calabrese, MD**
Department of Biomedical and Biotechnological Sciences, School of Medicine, University of Catania, Italy, President ESAAM European Society of Antiaging Medicine

16:30 – 16:45

Coffee Break

16:45 – 17:25

International initiatives and collaborations

Global Healthspan Extension Consortium: A Global Platform for Research and Innovation

- **Professor Heike A. Bischoff-Ferrari**
University of Basel

Academy for Healthy Longevity - The National University of Singapore

- **Professor J. J. (Hans) Meij**
National University of Singapore, University of Amsterdam

17:25– 17:45

The Invisible Army Within: Our Microbiome Holds the Key to a Longer, Healthier Life

- **Elena Panzeri**
Intus Biosciences

17:45 – 18:30

Longevity and Well-being – The Science of Aging Meets Market Needs

Moderator: Makis Provatas

- **Leonidas Gkiokas**
Ostracon Ltd
- **Theo Zacharis**
Kinesis Innovation Center
- **Spyros Kintzios**
Uni-Pharma S.A.
- **Prof. Dimitrios Kouretas**
Governor of Thessaly
- **Dimitrios Michos**
PNOĒ
- **Fotis Sakellaridis**
iDNA Genomics

18:30 – 19:15

Lifetime Achievement Award

- **Dr. Artemis Simopoulos**

19:15 – 19:30

Closing Remarks

- **Professor George P. Chrousos**
President, Hellenic Institute for Healthy Longevity; Academician; Professor of Pediatrics & Endocrinology; President, Hellenic Pasteur Institute