

Livelong Summit™

DAY ONE

Friday, March 15, 2024

MAIN STAGE

3:00 PM

Opening Remarks

• **Claudia von Boeselager**, *Emcee & Host of the Longevity and Lifestyle Podcast*

3:05 PM

Welcome to Your Healthspan Journey

• **Brad Inman**, *Founder & Host of the Livelong Summit*

3:15 PM

Can We Slow & Reverse Aging?

• **Dr. David A. Sinclair**, *Professor of Genetics, Harvard Medical School*
30 min presentation with 15 min Q&A with **Dr. Andrew Steele**, *Scientist & Author*

4:00 PM

How Social Experiences Shape Our Brain Health and Longevity

• **Dr. Matt Lieberman**, *Neuroscientist, UCLA*

4:30 PM

Surprising Lessons on Immortality from an Artist

• **Drue Kataoka**, *Globally Renowned Artist, Technologist, and CEO
of Drue Kataoka Art Studios in Silicon Valley*

4:45 PM

Young Forever

• **Dr. Mark Hyman**, *Host, The Doctor's Pharmacy*
Moderated by **Dr. Andrew Steele**, *Scientist & Author. Joining virtually via livestream.*

5:15 PM

Unveiling the Unseen: New Ways to Figure Out What's Inside Your Body That You Don't Know About

• **Andrew Lacy**, *Founder, Penuvo*
• **Dr. Caitlin Prickett**, *Concierge Medicine of Boca Raton*
Moderated by **Peter Bowes**, *Journalist & Podcaster, Live Long & Master Aging*

5:35 PM

Does Our Health Require Extreme Measures?

• **Alvaro Nunez**, *Best Selling Author & Ultra-Endurance Athlete*

5:50 PM

MindTravel Piano Experience

• **Murray Hidary**, *Composer & Pianist*

Always seek the advice of a physician or other qualified health care professional before starting any exercise, wellness or health program. Nothing in our content, products or services should be considered, or used as a substitute for, medical advice, diagnosis or treatment. Livelong Summit is a media company and not a medical provider.

All sessions and speakers subject to change.

7:00 AM - 8:00 AM

- **Meditation MindTravel Walk with Murray Hidary.** Hilton West Palm Beach lobby at **7 AM.**
- **Yoga with Posey Daves.** Hilton West Palm Beach lobby at **7 AM.**
- **Ageless Morning Workout with Nate Wilkins & Shebah Carfagna.** Palm Beach Convention Center Sky Room (On Lobby Level) at **7 AM.**

MAIN STAGE

8:30 AM

Ageless: The New Science of Getting Older Without Getting Old

- **Dr. Andrew Steele,** *Scientist & Author*

9:00 AM

How Not to Diet & How Not to Die

- **Dr. Michael Greger,** *Physician, Author & Founder NutritionFacts.org*

9:35 AM

Fired Up About Female Longevity

- **Dr. Daisy Robinton,** *CEO & Co-Founder, Oviva Therapeutics*

10:00 AM

Renewal Biology: Is This the Future or Sci-Fi?

- **Omri Amirav-Drory,** *General Partner, NFX Bio*

Followed by Q&A with **Antonio Regalado,** *Senior Editor, Biomedicine, MIT Technology Review*

10:20 AM

Revitalize & Recharge: Stretch & Movement Break

- **Nate Wilkins,** *Health and Wellness Educator, Fitness Coach*
- **Shebah Carfagna,** *Entrepreneur, Instructor, Fitness Coach, and Author*

10:30 AM

Dementia & Alzheimer's: Can It Be Stopped Before It Starts?

- **Dr. James Leverenz,** *Cleveland Clinic*
- Moderated by **Edwina Rogers,** *Global Healthspan Policy Institute*

10:50 AM

Health Care, Not Sick Care

- **Dr. David Karow,** *President & Chief Innovation Officer, Human Longevity, Inc.*
- Moderated by **Brad Inman**

11:10 AM

What to Do Now? New Tests, Drugs, Treatments, & Better Approaches to Your Healthcare

- **Dr. Matthew Dawson,** *Founder, Wild Health*
 - **Jean Fallacara,** *BioHacker Magazine*
- Moderated by **Edwina Rogers,** *Global Healthspan Policy Institute*

11:30 AM

Ethics, Scams & Empty Promises: What's Real?

- **Lisa Ireland,** *President & CEO, The Longevity Science Foundation*
 - **Edwina Rogers,** *CEO, Global Healthspan Policy Institute*
 - **Bernard Siegel,** *Healthspan Action Coalition, Policy Expert in Regenerative Medicine & Human Cloning*
- Moderated by **Dr. Andrew Steele**

11:50 AM

Are You Willing to Give Up Everything to Live Longer?

- **Bryan Johnson,** *Founder/CEO, Blueprint, Kernel & OS Fund, Joining virtually via livestream.*
- Moderated by **Brad Inman**

12:30 PM - 4:00 PM

Networking Lunch Break, Round Tables, Breakouts

4:00 PM - 4:30 PM

What Should I Do Next?

- Moderated by **Brad Inman**



DRILLING DOWN:

Explore Today's Hottest Health Topics



SMALL GROUP ROUNDTABLE DISCUSSIONS

1:00 PM - 2:00 PM

1. *Metformin & Rapamycin* with **Dr. Andrew Steele**
2. *Gut Health* with **Edwina Rogers**, *Global Healthspan Policy Institute*
3. *Biohacking* with **Jean Fallarca**, *Biohacking Magazine*
4. *Genetic Reprogramming* with **Dr. Matt Dawson**, *Wild Health*
5. *Aging Brains & AI* with **Dr. David Karow**, *Human Longevity, Inc.*
6. *Alzheimer's & Dementia* with **Dr. James Leverenz**, *Cleveland Clinic*
7. *Personalized Stem Cells* with **Dr. Omri Amirav-Drory**, *NFX*
8. *Inflammation* with **Lisa Ireland**, *Longevity Science Foundation*
9. *Apolipoprotein E Gene* with **Antonio Regalado**, *MIT Technology Review*
10. *Aging Skin, Cancer Detection* with **Stefani Indelicati**, *Carroll Dermatology Surgery & Laser Institute*
11. *Lifestyle* with **Dr. Greg Charlop**, *Physician Wellness Project*
12. *Ozempic & Wegovy* with **Dr. Marcio Griebeler**, *Cleveland Clinic*
13. *Joints & Limbs* with **Dr. Vonda Wright**, *Orthopedic Surgeon*
14. *Bladder & Digestive*
15. *Sleep, Nutrition, Exercise* with **Peter Bowes**, *BBC, LLAMA podcast*
16. *Fertility* with **Michele Promaulayko** *Journalist, THE WELL*
17. *Plasma & Blood Therapies* with **Dr. Deepa Verma**, *SynergistiQ Integrative Health*
18. *Menopause* with **Dr. Jennifer Garrison**, *Buck Institute for Research on Aging*
19. *Breakthrough Workouts for Longevity*
with **Nate Wilkins & Shebah Carfagna**

DEEP DIVE BREAKOUTS

BREAKOUT 1 – BALLROOM A

Measuring Your Health & Attacking Big Problems

The Killers

2:00 PM - 2:30 PM

- Cancer
- Heart Disease
- Degenerative Diseases
- Type 2 Diabetes
- **Dr. Caitlin Prickett**,
Concierge Medicine of Boca Raton
- **Dr. Matthew Dawson**, *Wild Health*

Life Choices

2:30 PM - 3:00 PM

- Diet & Exercise
- Peace & Meditation
- Weight, Muscle & Body Mass Appearance
- **John Bejakovic**, *Longevity Newsletter*
- **Nate Wilkins**, *Health & Wellness*
Educator, Fitness Coach & Author

Tests, Interventions & Screenings

3:00 PM - 3:30 PM

- Blood work
- DNA Body Scans
- Gene sequencing
- Antibiotics
- **Antonio Regalado**, *MIT Technology Review*
- **Dr. David Karow**, *Human Longevity Inc.*

Wearables & Tracking Your Health Watches

3:30 PM - 4:00 PM

- Watches
- Rings
- Patches
- **Dr. Andrew Steele**, *Scientist & Author*
- **Claudia von Boeselager**, *Host of the Longevity and Lifestyle Podcast*

BREAKOUT 2 – BALLROOM B

Women's Health & Longevity

Optimizing Menopause

2:00 PM - 2:30 PM

- Hormone Replacement Therapy (HRT)
- Bioidentical Hormone Therapy
- Non-Hormonal Therapies Innovations with Lifestyle
- **Dr. Jennifer Garrison**,
Buck Institute for Research on Aging
- **Michele Promaulayko**, *Journalist, THE WELL*

Fertility Breakthroughs

2:30 PM - 3:00 PM

- In Vitro Fertilization
- Egg Freezing
- Genetic Screening of Embryos
- AI-Powered Fertility Prediction Models
- **Dr. Daisy Robinton**, *Oviva Therapeutics*
- **Dr. Jennifer Garrison**, *Buck Institute for Research on Aging*
- **Dr. Asima Ahmad**, *Carrot Fertility*

Innovations in Mental Health

3:00 PM - 3:30 PM

- Brain science
- New therapies & treatments
- Treating anxiety
- **Dr. James Leverenz**, *Cleveland Clinic*
- **Dr. Matt Lieberman**, *UCLA*

Diet, Weight Loss & Exercise

3:30 PM - 4:00 PM

- Ozempic Benefits & Risks
- Innovation in Weight Loss
- Motivation and compliance
- **Dr. Marcio Griebeler**, *Cleveland Clinic*
- **Edwina Rogers**, *Global Healthspan Policy Institute*

BREAKOUT 3 – BALLROOM C

Longevity Trends for Medical Professionals

Practical Ways to Add Longevity to Your Existing Practice

2:00 PM - 2:30 PM

- Requirements to Practice Longevity Medicine
- Marketing Patient Education Staff Training
- Integrating Longevity Services
- **Dr. Greg Charlop**, *Physician Wellness Project*
- **Dr. Chaas Gantt**, *Palm Beach Regenerative Medicine*

Building a Longevity-Oriented Team

2:30 PM - 3:00 PM

- Hiring the right staff
- Training & Certification
- Opportunity for telemed
- **Dr. Greg Charlop**, *Physician Wellness Project*
- **Dr. Deepa Verma**, *Synergistiq Integrative Health*

Financial Considerations & ROI in Longevity Medicine

3:30 PM - 4:00 PM

- Billing & Insurance
- Fee Structures
- Long-Term Financial Planning
- How is malpractice insurance covered? Will I be able to get a policy?
- Am I placing myself at medico-legal risk by practicing longevity medicine?
- **Dr. Greg Charlop**, *Physician Wellness Project*
- **Dr. Vonda Wright**, *Precision Longevity*

Longevity Therapies & Interventions

3:30 PM TO 4:00 PM

- Where should I focus?
- Genetic Testing
- Nutritional Strategies
- Hormone Replacement Therapy
- Telomere Lengthening
- Exercise and Longevity
- **Dr. Greg Charlop**, *Physician Wellness Project*
- **Dr. Brian Kennedy**, *National University Singapore*

MAIN STAGE

4:00 PM - 4:30 PM

What Should I Do Next?

Moderated by Brad Inman