

# 2025 EUROPEAN HEALTHY AGING SUMMIT

Join leading voices from science, policy, and industry for a one-day event focused on shaping the future of healthy aging in Europe.

From prevention and diagnostics to lifestyle and investment, this summit brings together the people and ideas driving real change.

**EUROPEAN HEALTHY AGING SUMMIT**  
**BRUSSELS | OCTOBER 2, 2025**



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**EUROPEAN**  
HEALTHY AGING SUMMIT

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HEALTHY AGING SUMMIT**

**WELCOME & COFFEE**

**9:30**

**INTRODUCTION**

**10:00**

**THE HEALTH PRODUCTION MODEL  
APPLIED TO HEALTHY AGING** **10:10**

Prof. Lieven Annemans, Professor of Health and Wellbeing at Ghent University

**SESSION 1: NUTRITION & FOOD  
SUPPLEMENTS** **10:45**

Mitochondrial Function Optimization and Micronutrition: Foundations for Healthy Longevity

Prof. Sergio Abanades, Director and Founder at Institute of Integrative and Conscious Health

**SESSION 2: EXERCISE & LIFESTYLE** **11:15**

Prof. Carlos Van Mieghem, Lifestyle Medicine Specialist, Professor at Faculty of Medicine, KU Leuven

**DEBATE: SOCIETAL AWARENESS OF NUTRITION AND LIFESTYLE FOR HEALTHY AGING. 11:45**

Moderated by Prof. Joan Bigorra, Director of Innovation, Institut de Salut Global de Barcelona

**Participants:**

Prof. Sergio Abanades

Prof. Carlos Van Mieghem

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**LUNCH BREAK 12:15**

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**SESSION 3: LONGEVITY BY DESIGN 13:00**

AI-Driven Epigenetic Insights for Early Diagnosis and Healthy Aging

Prof. Milena Georgieva, Professor of Molecular Biology at Bulgarian Academy of Science; CSO EPIX.AI

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**SESSION 4: PREVENTION OF AND INTERVENTION WITH DETERIORATION 13:30**

Preserving Joint Health and Delaying Osteoarthritis Through Early Intervention  
Dr. Virpi Muhonen, CEO Askel Healthcare

Restoring calcium dyshomeostasis to counter age-related neurodegeneration  
Dr. Gerard Griffioen, CSO Remynd

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## SESSION 5: HEALTHY AGING, OPPORTUNITY OR OBLIGATION? SOME ETHICAL REFLECTIONS

**14:30**

Prof. Ignaas Devisch, Professor of Philosophy of  
Medicine & Ethics at Ghent University

## SESSION 6: PANEL: WHY INVEST IN HEALTHY AGING?

**15:00**

Moderated by Prof. Lieven Annemans

### Participants:

- Zaritsa Dinkova (Chief Advisor, European Parliament)
- Goedele Ertveldt (Investment Manager, SFPIM)
- Dr. Piet Calcoen (DKV Insurance)
- Dr. Ann Ceuppens (Independent Mutualities)
- Ann Van den Rijn (Gym Tonic)
- Dr. Virpi Muhonen (Askel Healthcare)

## CLOSING REMARKS

**15:50**

## NETWORKING DRINK

**16:00 - 17:00**