



This international congress promises a unique and enriching experience, offering attendees the opportunity to learn more about the latest research on lifestyle, diet, wine and health.

WHY SHOULD YOU ATTEND ?

World-Class Speakers and Researchers

Engage with leading scientists from around the world who will share their latest research findings, insights, and practical implications in the realms of lifestyle, diet, and wine.

Diverse & complete Program

Our program features a range of topics, including the health effects of different diets, the role of lifestyle in disease prevention, and the impacts of moderate wine consumption on well-being. Attendees can look forward to keynote sessions, and interactive panel discussions.

Networking opportunities

Connect with professionals, researchers, and enthusiasts from around the globe. Our congress offers numerous networking opportunities designed to facilitate collaboration and knowledge exchange.

Cultural & historical experience

Experience the rich history and vibrant culture of Rome. The congress is strategically scheduled to allow you to explore this magnificent city, making your visit both professionally rewarding and personally enriching.

Registrations will open soon !
Stay tuned.



Book your hotel

Secure your accommodation **as soon**



The Program

Discover the [program](#) and the speakers who have



Stay up to date

Visit the [website](#) regularly to see the latest

as possible since 2025
will be a Jubilee year in
Rome, bringing many
visitors.

already confirmed.

information.

Organisers



Under the patronage of



Partners



Sponsors



The "Lifestyle matters" Declaration

The "Lifestyle Matters" Declaration was introduced by the Committee that organised the international congress "Lifestyle, Diet, Wine and Health" on 19/20 October 2023 in Toledo, Spain.

This declaration aims to give voice to the many scientists around the world who research diligently, honestly, and successfully in the disciplines concerning lifestyle and health risks to achieve a balanced view of the scientific evidence.

The Declaration can only be signed by scientists with on-going research, teaching, publication, or presentation activity, and who are in any way affiliated with either a university or a research-driven organisation.

Sign the "Lifestyle Matters" declaration

**Lifestyle, diet, wine and health
congress**

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