



Early bird registration is extended to 17 January !

We have good news for you ! If you haven't had the possibility to register for the congress, busy schedules, Christmas holidays, etc. Well, we have a new year's present for you! You have two extra weeks to register to the congress !

REGISTER FOR THE CONGRESS



Book your hotel

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



The Program

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



Stay up to date

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

Organisers



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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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