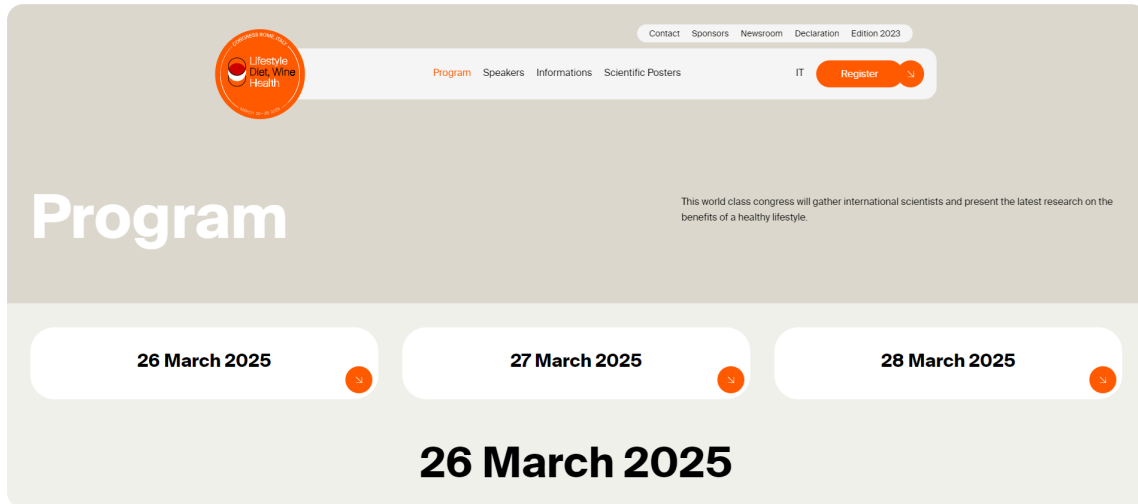


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Discover the program

Explore our interesting program! From epigenetics to longevity and to the moderate consumption of wine and gastronomy; learn more about the latest scientific research on the topics for the upcoming Lifestyle, Diet, Wine and Health Congress, which will be held in Rome from **March 26-28, 2025**.

Second of its kind, the congress will bring together leading scientists, researchers, and professionals from around the globe to explore and debate the latest hot topics in science.

THE PROGRAM

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The Program

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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

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