



The countdown is on Get ready for the Lifestyle, Diet, Wine and Health Congress!



Final programme now available!

We're excited to share the official programme featuring top experts. Explore cutting-edge research, engaging discussions, and networking opportunities.



Still need to register?

Time is running out! Secure your spot today and be part of this unique congress. Note that one-day tickets are also available !



Plan your trip to Rome!

Make the most of your visit! Whether it's travel tips, accommodation, or must-see sights, make sure to book in advance.

Discover the program

Get your tickets now !

Check the congress website

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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