



## VIDEO INTERVIEWS FROM THE LIFESTYLE, DIET, WINE & HEALTH CONGRESS NOW AVAILABLE ON YOUTUBE

The video interviews filmed during the Lifestyle, Diet, Wine & Health Congress (held in Rome, March 26–28, 2025) are now available on the official YouTube channel.

In these interviews, some of the Congress's speakers share their insights on the core themes explored during the sessions.

These interviews bring the depth of cutting-edge science directly to you, offering clarity on complex topics like evidence quality, lifestyle interventions, and the role of diet and moderate wine consumption in long-term health.

### Why watch?

- Expert perspectives: Hear straight from the scientists who are shaping our understanding of diet, lifestyle, and health.
- Rich scientific context: Gain insight into ongoing trials like UNATI and long-running studies like PREDIMED.
- Engaging format: These short conversations are perfect for learning on the go or sharing with colleagues and friends.

Visit the Lifestyle, Diet, Wine & Health Congress YouTube channel to view the interviews and explore more content from the Rome 2025 event.

### About the Congress

The *International Lifestyle, Diet, Wine and Health Congress* is a biannual event dedicated to exploring the complex interactions between diet, lifestyle, and chronic disease prevention. It fosters international collaboration among researchers and stakeholders.