PROGRAM

DAY 1 | SATURDAY, 24 OCTOBER, 2026

08:30 - 09:00	Registration	
SESSION 1	**LIFESTYLE MEDICINE AND NUTRITION: GLOBAL PERSPECTIVES** Moderator: Dr. Rahat Ghazanfar	
09:00 - 09:30	Living Longer, Living Better: Translating Blue Zone Insights into Healthy Aging Strategies	**Dr. Maryam Al Ali**
09:30 - 10:00	Sustainable Diets for Human and Planetary Health	**Dr. Arti Rampaul**
10:00 - 10:30	Metabolic Syndrome in the UAE: Functional Foods and Culinary Spices as Nutrition Interventions	**Dr. Amjad Jarrar**
10:30 - 10:45	Opening Ceremony	
10:45 - 11:00	Hydration Break	
SESSION 2	**THE DISCIPLINE: STANDARDS, RESEARCH AND MEASUREMENT** Moderator: Dr. Maryam Al Ali	
11:00 - 11:30	Longevity Related Research Activities: Present and Future	**Dr. Sharukh Al Hashemi**
11:30 - 12:00	Lifestyle Medicine Around the World: A Global Society Showcase	**Dr. Sivaneswaran Poobalasingam** **Mr. Stephan Herzog** **Dr. Ifeoma Monye** **Dr. Emanuela Mercore-Hutanu**
12:00 - 12:30	From Certification to Lifelong Excellence: Board Certification & Maintenance of Certification	**Dr. Mishkat Shehata**
12:30 - 13:00	Keynote Lecture - Abu Dhabi Department Community Development	**Mr. Salem Ahmed Abdulla**
13:00 - 13:30	Measuring Healthy Longevity: JAWDA Longevity KPIs	**Dr. Moustafa Hussein**
13:30 - 14:30	Lunch Break Nutrition Symposium *(15 mins)*	
SESSION 3	**THE ECONOMICS AND BEHAVIOR OF A LONGER, HEALTHIER LIFE** Moderator: Dr. Abdullah Hamed Kazim	
14:30 - 15:00	Mental Health: Building Healthy Habits for Longevity and Wellness	**Ms. Ahlam K. Salem**
15:00 - 15:30	The Longevity Cube: Solving the Economics of Living Longer	**Dr. Muhaned Attaulah**
15:30 - 15:45	Hydration Break	
SESSION 4	**CARDIOMETABOLIC HEALTH** Moderator: Dr. Samra Abouchacra	
15:45 - 16:15	Insulin Resistance & Metabolic Flexibility	**Dr. Mohamed Sayed Mohamed Ali**
16:15 - 16:45	Adiposity & the Ageing Trajectory What Treating Obesity Buys in Healthspan & Lifespan	**Dr. Mohammad Fityan**
16:45 - 17:15	Coronary Artery Calcium for Longevity: From Risk Assessment to Prevention	**Dr. Ronney Shantouf**
17:15	Closing Remarks	

PROGRAM

DAY 2 | SUNDAY, 25 OCTOBER, 2026

08:00 - 08:30	Reset, Reconnect, and Awaken with Sound Bath	**Ms. Shilpa Kudekar**
SESSION 5	**SLEEP, BRAIN HEALTH, AND BEHAVIOUR** Moderator: Dr. Iman Ahmad	
08:30 - 09:00	Sleep Is Not The Symptom	**Ms. Julie Mallon**
09:00 - 09:30	Brain Health & Cognitive Longevity: Preserving the Mind Across the Lifespan	**Dr. Nahida Nayaz Ahmed**
09:30 - 10:00	Beyond the Substance: A Behavioral Perspective on Addiction	**Mrs. Melissa O'Donnell**
10:00 - 10:30	The Missing Middle: Bringing Critical Illness Survivors Into Lifestyle Medicine	**Dr. Jamil R. Dibu**
10:30 - 10:45	Hydration Break	
SESSION 6	**PRECISION AND OMICS MEDICINE** Moderator: Dr. Joseph Dib	
10:45 - 11:15	12 Hallmarks of Aging	**Dr. Cherine Bazzane**
11:15 - 11:45	Biomechanical Influence on Biochemistry of Mitochondria	**Karolina Domarańczyk DO, MSc**
11:45 - 12:15	Beyond One-Size-Fits-All Lifestyle Medicine: Microbiome Diversity and Precision Health	**Prof. Ashish Jha**
12:15 - 12:45	How the Emirates Genome Project Supports with Healthier Lifestyle Choices	**Dr. Tiago R. Magalhães**
12:45 - 13:15	Omics-Based Precision Medicine	**Dr. Rory Melville**
13:15 - 14:15	Lunch Break	
SESSION 7	**HORMONAL AND REPRODUCTIVE HEALTH** Moderator: Dr. Saima Khan	
14:15 - 14:45	Effect of Lifestyle and Environmental Factors on Female Fertility	**Dr. Joseph Dib**
14:45 - 15:15	Lifestyle Medicine Before Conception	**Dr. Rasha Al Zaabi**
15:15 - 15:45	Hormone Replacement Therapies	**Dr. Rasha Al Zaabi**
15:45 - 16:00	Hydration Break	
SESSION 8	**LONGEVITY THERAPEUTICS** Moderator: Dr. Hassa Obaid Khalifa Al-Zaabi	
16:00 - 16:30	Integrating Longevity and Regenerative Medicine into Standard of Care: A Protocol-Driven, Evidence-Tiered Model from Yas Clinic, Abu Dhabi	**Dr. Amir Fazil**
16:30 - 17:00	Beyond Disease Management: The Pharmacist's Role in Healthy Longevity	**Dr. Naglaa Saadeldin Ashmawy**
17:00 - 17:30	Panel Discussion: Emerging Therapies for Healthy Longevity Moderator: **Dr. Shahad Al Naqbi**	**Dr. Hassa Obaid Khalifa Al-Zaabi** **Dr. Yazan Aljabery** **Dr. Fernando Porras**

PROGRAM

DAY 3 | MONDAY, 26 OCTOBER, 2026

08:00 - 08:30	An Immersive Journey with Meditation and Breath	**Ms. Shilpa Kudekar**
SESSION 9	**MOVEMENT AS MEDICINE** Moderator: Dr. Maged Iskander	
08:30 - 09:00	VO2max Testing and Exercise Prescription	**Mr. Taif Delamie**
09:00 - 09:30	The MIND Diet: Advancing Brain Health, Cognitive Resilience & Healthy Longevity	**Dr. Fatema Habbash**
09:30 - 10:00	Exercise: Medicine for the Brain	**Dr. Abdul Salam Al Belushi**
10:00 - 10:15	Hydration Break	
SESSION 10	**LIFESTYLE MEDICINE IN CLINICAL PRACTICE** Moderator: Dr. Sonia Malik	
10:15 - 10:45	Between the Visits, Why the Best Plan Fails on an Ordinary Tuesday and What AI Can do About it	**Mr. Samer Tadross**
10:45 - 11:15	Longevity GPS: How AI Can Turn Prevention into Everyday Action	**Mr. Philippe Gerwill**
11:15 - 11:45	Lifestyle Vital Signs	**Dr. Merajunnissa Mohammed**
11:45 - 12:15	Lifestyle Medicine: The Foundation of Modern Primary Care	**Dr. Abdullah Hamed Kazim**
12:15 - 12:45	Healing the Healers: Redefining Healthcare Professional's Wellbeing	**Dr. Moein Khan**
12:45 - 13:45	Lunch Break	
13:45 - 14:15	Lifestyle Medicine in Practice: Clinical Case Presentations	**Dr. Sumaiya Taheri** **Dr. Sundus Alsalami** **Dr. Seema Rab**
14:15 - 14:45	Pediatric Lifestyle Medicine from Evidence to Action	**Dr. Lorraine Marasco Schratz**
SESSION 11	**ENVIRONMENT AND CONNECTION** Moderator: Dr. Laxmi Sharma	
14:45 - 15:15	Biological Dentistry	**Dr. David Roze**
15:15 - 15:45	The Hidden Exposome: Environmental Exposures	**Ms. Garineh Serpekian**
15:45 - 16:15	Hydration Break	
16:15 - 16:45	Panel Discussion: Future of Longevity Medicine Moderator: **Dr. Salam Kashmoola**	**Dr. Ebenezer Abel Paul** **Dr. Federico W. von Son de Fernex**
16:45	Closing Remarks	