



20 & 21 of January 2026

Subunidade 3, Faculdade de Medicina
Universidade de Coimbra

**"Shaping the Future:
Metabolism, Aging and Disease
in Perspective"**

DAY 1

9H00 - OPENING SESSION

9H30 - SESSION 1

Aging Biomarkers: Metabolism and
Nutritional Interventions

11H05 - COFFEE BREAK

11H25 - SESSION 2

Non-pharmacological Approaches
and disease prevention

12H50 - LUNCH

14H00 - SESSION 3

Emerging Directions in Biomedicine
and Biological Systems

15H30 - COFFEE BREAK

16H20 - ROUND TABLE

The Path to Success: Science
Management Insights

17H10 - DAY 1 CLOSING SESSION

DAY 2

9H00 - SESSION 5

Immunosenescence and new vaccines

10H35 - COFFEE BREAK

11H25 - SESSION 6

Obesity and related comorbidities

13H00 - LUNCH

14H30 - SESSION 7

An integrated perspective on the environment exposures to human metabolism

16H05 - COFFEE BREAK

16H25 - SESSION 8

MADly New!

17H25 - MUSICAL MOMENT

17H40 - AWARDS & CLOSING SESSION