



# SWISS LONGEVITY DAY

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DELVING INTO THE FUTURE  
OF AGEING BETTER AND  
HEALTHIER

JAN 15 2025

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## SWISS LONGEVITY DAY

### HOW CAN WE MEET THE CHALLENGES OF AGING IN THE MOST EFFECTIVE WAY?

At the Swiss Longevity Day (SLD), we will delve into the broad subject of aging better and healthier. We will bring together international researchers and experts in the field of longevity to share their most recent and exciting findings. The SLD will provide insights into the aging process of the brain and body, addressing key topics from a future Alzheimer's vaccine to the effects of autophagy.

The conference will bring together approximately 120 participants who share a common interest in learning more about longevity research and its applications.





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# PROGRAMME

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## MORNING

- 8.30 AM - Arrival
- 9.00 AM - SLD Start, **Susanne von Meiss**, Head of SLD
- 9.05 AM - Welcome, **Roland Kempf**, Head of Private Banking Zurich, EFG Bank
- 9.15 AM - **Leslie Kenny**, Co-Founder, Oxford Longevity Project; Founder, Oxford Healthspan
- 9.30 AM - **Prof. Thomas Szucs**, Chair of the Board, Helsana Group
- 9.45 AM - **Nina Ruge**, German TV Presenter, Biologist, Author of 5 Longevity Books
- 10.00 AM - Panel Discussion with morning speakers

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## COFFEE BREAK 10.15 - 10.50

- 10.50 AM - **Prof. Christian Breymann**, Specialist in Gynecology and Hormones
- 11.10 AM - **Dr. Stephanie Blum**, Member of the Board, Probi
- 11.25 AM - **Dr. Anna Erat**, Specialist in Performance Diagnostics and Sports Medicine
- 11.35 AM - Panel Discussion with morning speakers

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## LUNCH BREAK 12.00 - 14.00

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## AFTERNOON

- 2.05 PM: **Dr. George Gaitanos**, Chief Operating and Scientific Officer, Chenot Group
- 2.15 PM: **Dr. Katrin Dreissigacker**, Co-Founder of The Epigenedit Academy
- 2.25 PM: **Dr. Matthias Bernow**, CEO of stem cell company Cellcolabs, Sweden
- 2.35 PM: **Joanna Bensch**, Founder & CEO, Longevity Center Europe
- 2.45 PM: **Dr. Berit Hippe**, CEO of HealthBioCare GmbH
- 2.55 PM: **Dr. Liv Kraemer**, Dermatologist, author of "Skin Longevity"
- 3.10 PM: Brief Panel Discussion with all afternoon speakers

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## 3.25 PM: BOOTH VISITS & ONE TO ONE DISCUSSIONS & COFFEE BREAK

- 5.00 PM Closing, **Meagan Fallone**, Social Entrepreneur
- 5.15 PM Drinks
- 6.00 PM SLD ends

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# THANK YOU TO OUR MAIN PARTNER

## **EFG** Private Banking



### **EFG Bank**

EFG International is a global private banking group offering private banking and asset management services and is headquartered in Zurich. Its registered shares (EFGN) are listed on the SIX Swiss Exchange.

As a leading Swiss private bank, EFG International has a presence in major financial centres and growth markets.

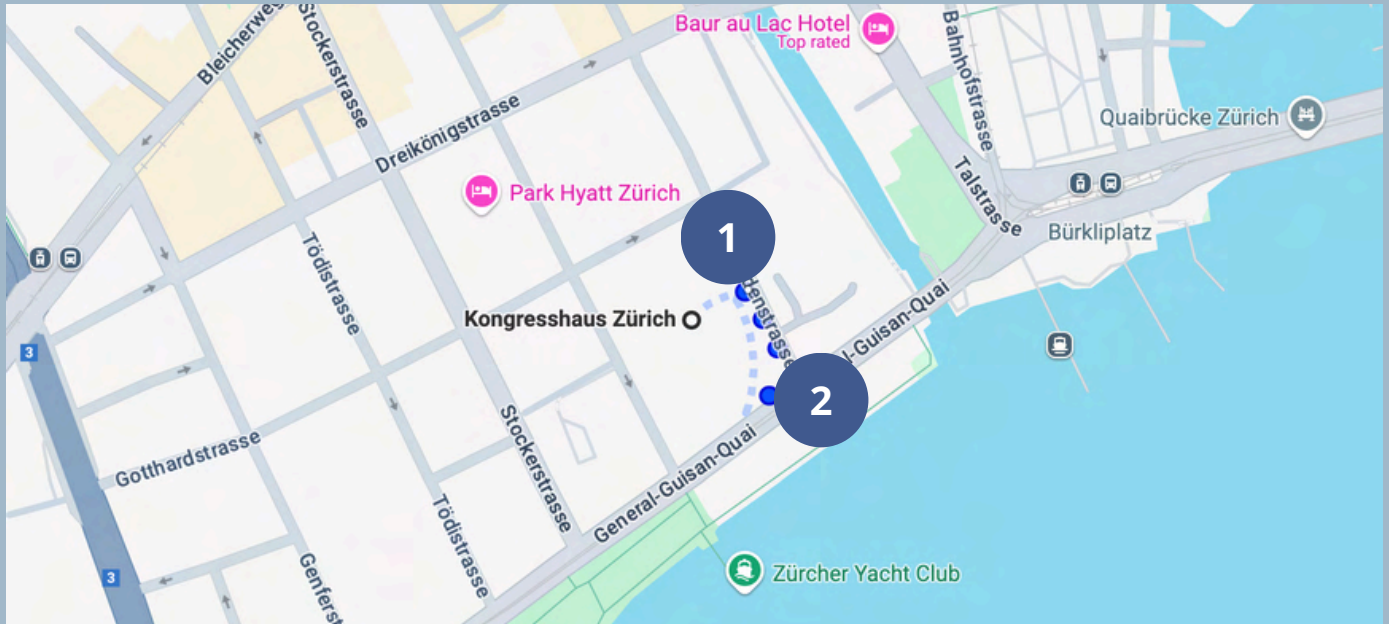
It has strong roots in Switzerland, with Zurich, Geneva and Lugano serving as key hubs for the governance and operation of the bank. EFG International operates in over 40 locations worldwide, with a network spanning Europe, Asia Pacific, the Americas and the Middle East.

As one of the best-capitalised Swiss private banks, EFG International is a financial partner that offers the security and solidity needed to provide clients with effective support.

An entrepreneurial spirit has shaped the bank since it was established, enabling it to develop hands-on solutions and to build long-lasting client relationships



# MAP & IMPORTANT INFORMATION



1

Kongresshaus Zurich - Kongresshaus Zürich, Claridenstrasse 5, 8002 Zürich

2

LUX Restaurant & Bar, Claridenstrasse 3, 8002 Zürich

The lunch is a 2 minute walk from the event venue.

**DRESS CODE**  
Smart casual

**CLOSEST TRAM STATION**  
Bürkliplatz

**TIME**  
Doors open at 8:15am and programme starts sharp at 9am





## Joanna Bensch

Founder & CEO, Longevity Center Europe

Joanna Bensch is a visionary entrepreneur leading advancements in Europe's longevity healthcare sector. She is the Founder and CEO of Longevity Center Europe, innovative clinics focusing on personalized, preventive medicine that integrates advanced diagnostics and biomarkers of aging to support healthy longevity. In January the center in Switzerland moved to a new, elegant setting at the Rote Schloss to provide new diagnostics and additional services at the hearth of Zurich.

Before founding the Longevity Center, Joanna held senior leadership roles in multinational and Fortune 500 companies across Europe. Her passion for human potential and peak performance motivated her to transition from corporate leadership to entrepreneurship in the longevity sector. She is the organizer of an iconic global annual conference, RoundTable of Longevity Clinics, taking place at the Buck Institute in California, bringing together top global experts in the industry to discuss the future of longevity clinics as well as to establish best practices for the industry.

Joanna is also serving on your Judging Panel of XPRIZE Healthspan and is recognised as one of the "Top-50 Women in Longevity" by Aging Analytics Agency.

# SLD25 SPEAKERS



## Dr. Matthias Bernow

CEO of stem cell company Cellcolabs, Sweden

Dr. Matthias Bernow is the CEO of Cellcolabs, a Swedish biotech startup specializing in the industrial production of high-quality stem cells, making them widely available at scale. He holds a medical degree from the Karolinska Institute and a Master of Science from the Stockholm School of Economics. Matthias has experience working as a physician at Karolinska Hospital and as a management consultant at Boston Consulting Group (BCG). Before joining Cellcolabs, he co-founded Doctrine, a platform designed to help healthcare providers digitize the patient journey for a more integrated healthcare system.



## Dr. Stephanie Blum

Member of the Board, Probi

Dr. Stephanie Blum, former Senior Executive, Head Translational Research at Nestlé Health Science (NHSc), is a member of the Board of Directors at Probi (Sweden) and acts as Chairwoman on the IAB of the Haute Ecole de Commerce/University of Lausanne. Since 2017 she is serving on several Advisory Boards for Biotech companies and VC funds and became lately a member of the Global BHP Brain Trust.

She is an internationally recognized leader in Life Science & Nutrition research and business translation with expertise in immunology, ageing and the microbiome. While at Nestlé, she led several strategic collaborations to develop novel microbiome based solutions in health and disease, including probiotics. To date, Dr. Blum is the Global BHP study coordinator of the FINGERS for Women initiative exploring microbiome intervention as part of preventive strategies in neuro-degenerative diseases, such as dementia and Alzheimer's disease.



## Prof. Dr. Christian Breymann

Obstetrician and Gynecologist

Professor Christian Breymann is a highly respected obstetrician and gynecologist based in Zurich, Switzerland. He is widely regarded for his expertise in women's health including hormone treatments, maternal-fetal medicine, iron deficiency and prenatal care.

Prof. Breymann is associated with Hirslanden Clinics Switzerland and is a teaching Professor of the University Hospital Zurich. He has contributed significantly to medical research, particularly in the areas of women's health and fetal maternal medicine. He has published 85 peer reviewed articles, three books and various book chapters in scientific and medical reference works.



## Dr. Katrin Dreissigacker MD

Co-Founder of The Epigenedit Academy

For over 30 years, Katrin Dreissigacker has been a plastic and aesthetic surgery consultant, specializing in non-operative cosmetic procedures. Her deep understanding of epigenetics - the complex interactions between genes and environmental factors such as nutrition, exercise, and stress - led her to recognize the profound connection between perceived age and overall well-being. This insight transformed her approach to aesthetic beauty treatments.

Katrin combined her extensive experience in preserving youthful appearance with her medical knowledge and understanding of human psychology to develop a holistic approach to treatment. This evolution in her practice led her to found The Epigenedit Academy, where she designs personalized longevity programs to enhance people's physical and mental performance. Katrin is a celebrated speaker, lecturer, and trainer whose work has been published in medical journals. She studied medicine at universities in Berlin, Germany, and has trained at renowned clinics and hospitals worldwide.



## Dr. Anna Erat

MD, PhD, IDP INSEAD

Parallel to finishing her PhD, Anna studied medicine and conducted research at Harvard and University of Zurich medical schools. She is specialized in internal and sports medicine, and has worked with athletes ranging from Swiss national team ice hockey players to formula 1 drivers.

Before her role as a medical director in Klinik Hirslanden and as head of strategy for preventive medicine for the Hirslanden group, she attended executive courses at Harvard Business School and finished the International Directors Program at INSEAD. Subsequently, she had the opportunity to take up selected board roles.

Apart from having been a lecturer at University of Zurich, she mentors at the ETH and is faculty in the University of St. Gallen. She publishes regularly in both scientific journals and newspapers, and frequently gives talks on sustainable health, preventive medicine and longevity for the UN and the World Economic Forum among others.



## Meagan Fallon

Social Entrepreneur

Meagan Fallon is a Social Entrepreneur. New Zealand's 2018 Hillary Institute Laureate for her Global Leadership on Climate Change, Poverty Reduction, Social Justice and Economic Empowerment of Women. Her work since 2010 has touched more than 10 million women and girls. A Schwab Foundation Social Entrepreneur, winner of the WISE Award for innovation in Education and the prestigious Webby Award for her design and deployment of the Digital Technology platform, Soli.

She is the Founder of StepUp Advisers, a consultancy dedicated to helping social entrepreneurs, companies & governments, work towards larger scale and better, more effective impact in the areas of climate, education, agriculture, technology, health & renewable energy. She is the award winning former CEO of the Barefoot College and Co-Founder of Barefoot College International. Meagan has recently Co-Founded Mountain Path, Switzerland. Mountain Path uses the mountains as sources of inspiration and experimentation to bring out individual and collective leadership qualities, essential for adapting and managing complexity & uncertainty. Mountain Path has supported over a hundred International companies and prestigious academic Institutions. An accomplished mountaineer, expedition leader who is passionate about developing leadership for the future.





## Dr George Gaitanos

Chief Operating and Scientific Officer, Chenot Group

As Chief Operating and Scientific Officer of Chenot Group, George's role is fundamental to the continued development of the brand within the health wellness sector. He joined the Group in 2013. An expert in energy metabolism and recovery, George has vast experience in the field of elite sports performance (NBA & Olympic athletes) and more than 35 year's experience in the promotion of optimum health.

With medical and technological advances, people are living longer than ever before. It is George's belief that old age should not signify functional decline. Through his development of award-winning programmes delivered at Chenot health wellness retreats worldwide, George helps people achieve and maintain optimal health, and lead fully active and fulfilling lives at any age. George received his MSc and PhD at Loughborough University (U.K) and, carried out substantial post-doctorate research at the Karolinska Institute in Stockholm, Sweden. His research work has been published in numerous medical journals. Academically, he is a certified exercise physiologist, clinical physiotherapist and acupuncturist.



## Dr. Berit Hippe

Nutritionist

Dr. Berit Hippe holds a PhD in Nutritional Science, specializing in nutriepigenomics, microbiota, preventive nutrition, and long-term well-being.

Driven by a passionate curiosity about the intricate connections between epigenetics, lifestyle, and health, she shares her expertise as a lecturer at the University of Vienna and Lübeck. In addition, Dr. Hippe is the Managing Director of HealthBioCare, an innovative biotechnology company that is a leader in personalized nutritional counseling based on epigenetic biomarkers.



## Roland Kempf

Head of Private Banking Zürich, EFG

Roland Kempf is Head of Private Banking Zurich at EFG since October 2018. Before, he worked at IHAG Privatbank as Head of Private Banking and External Asset Managers since 2012 and was a member of the Executive Committee. Prior to that, he worked at Clariden Leu for seven years, performing various managerial roles in the private banking business and later supporting the bank's integration into Credit Suisse.

Roland Kempf started his career in the insurance industry, working for Swiss Life and other institutions. In 1999, he moved to the banking sector, where he worked for UBS and Zürcher Kantonalbank. Roland Kempf is a Swiss citizen, married and father of two teenager. He holds an Executive Master of Finance from the Zurich University of Applied Sciences.



## Leslie Kenny

Co-Founder, Oxford Longevity Project; Founder, Oxford Healthspan

Leslie Kenny is a Berkeley and Harvard-educated entrepreneur, longevity expert, and Founder of the healthy aging supplement company, Oxford Healthspan, and the non-profit, Oxford Longevity Project.

Her life changed dramatically in her 30s when she was diagnosed with Lupus, Rheumatoid Arthritis, and Hashimoto's Thyroiditis and told they could only be managed, not cured, with strong immunosuppressants.

Determined to heal herself, she trained at the Institute of Integrative Nutrition in NYC and became a health coach while also helping European scientists secure funding for groundbreaking discoveries. During this time, an Oxford University scientist brought to her attention a powerful, naturally occurring molecule found to "delay aging" in humans—spermidine.

This discovery inspired her to launch it to market as Primeadine, Oxford Healthspan's first product, and establish the Oxford Longevity Project, a non-profit organisation dedicated to educating the public on improving their longevity and healthspan. The project recently held its second Smart Ageing Summit at Oxford University.

Leslie is also a sought-after media expert, frequently featured in The Telegraph, The Times, and The Guardian.





## **Dr. Liv Kraemer MD, PhD**

Dermatologist, Scientist, Entrepreneur and Author of "Skin Longevity"

Dr. Liv Kraemer is a renowned, board-certified dermatologist and entrepreneur specializing in Skin Longevity. In addition to her research experience in stem cells, tissue engineering, and genetics, she has worked internationally in the USA (e.g., Columbia University NYC), Europe (Charité Berlin), and the UAE.

Over a decade ago, she founded her Skin Longevity Clinic in Zurich. From this clinic, she developed her fast growing AI-based Swiss Longevity skincare brand, known for its high-quality, science-backed products, where she serves as founder and formulator.

She is not only a Key Opinion Leader (KOL) on skincare and skin longevity but is also regularly engaged by Fortune 500 companies for personalized keynote presentations and gives lectures worldwide at leading banks and corporate events. Dr. Kraemer is advisor, speaker, and also a lecturer at the Charité Berlin, focusing on Longevity and AI healthcare.

She is also a strong advocate for promoting female entrepreneurship.

One of her latest endeavors is her groundbreaking book titled Skin Longevity – der Schlüssel zu gesunder und strahlender Haut (The key to healthy and glowing skin, published in German first) that provides the blueprint for a new era of skincare.



## **Nina Ruge**

German TV Presenter, Biologist, Renowned Author of 5 Longevity Books

Nina Ruge completed her studies in biology at the Technical University of Braunschweig with distinction. In 1987, she began a nearly 30-year TV career as a presenter of daily news programs, political talk shows and information shows.

As the author of four bestsellers, she made a name for herself as a science journalist in the field of Healthy Longevity from 2018 onwards.

Today, with her company STAYOUNG, she produces weekly expert podcasts, newsletters, gives lectures, advises hotels, organizes congresses and trade fair events and is one of the most renowned advocates of the science-based longevity movement - for the general public. For her social commitment, she has been awarded the Federal Cross of Merit and the Bavarian Order of Merit, among others.



## **Prof. Dr. Dr. Thomas D. Szucs**

Chairman of the Board of Directors of Helsana, Director of the Institute of Pharmaceutical Medicine University of Basel

Professor Thomas D. Szucs, MPH, LL.M, MBA, has been the Chair of the Board of Directors of the Helsana Group since 2010. Thomas D. Szucs is Professor and Director of the European Center of Pharmaceutical Medicine at the University of Basel. He practises personalised medicine at the Klinik Hirslanden and helps to develop genomic medicine at the Hirslanden Group.

Previously, he led the Department of Medical Economics at the University of Zurich's Institute for Social and Preventive Medicine, and he has worked in the following roles, among others: founder and Head of Research at the Centre for Pharmacoeconomics at the University of Milan; Head of the Working Group on Clinical Economics at the University of Munich; Senior Consultant at Arthur D. Little, Inc. and Head of the Department of Health Economics at F. Hoffmann-La Roche AG in Basel. He is also a member of the editorial board of various scientific journals.

# SLD25 SPEAKERS

# THANK YOU TO OUR PARTNERS



## CHENOT

PALACE

### Chenot Palace Weggis

Situated on the serene shores of Lake Lucerne, Chenot Palace Weggis is a world-renowned Health Wellness retreat, recognised for offering the World's Best Detox Programme at the 2024 World Spa Awards for the fourth consecutive year.

Here, guests detox and cleanse, revitalise their energy, and reset their health. Guided by the innovative Chenot Method®, the retreat blends advanced diagnostics, tailored treatments, and a plant-based detox diet.

With access to a state-of-the-art wellness facilities and unparalleled surroundings, Chenot Palace Weggis empowers you to achieve optimal health and lasting vitality. The retreat is equipped with cutting-edge facilities, including a metabolic and sports lab, whole-body cryo chamber, antigravity technologies, and an altitude chamber.

Guests can also enjoy an ultra-modern fitness area, a 21-metre indoor pool, and 95 stylish rooms with stunning views. Additionally, the Chenot Molecular Lab for Optimal Living offers tests using epigenetic technology to assess gene activity and biological ageing. This allows for the creation of personalised treatment plans to optimise well-being and health.

## longevity

CENTER

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SWITZERLAND

### Longevity Center Switzerland

The Longevity Center Europe is a leading medical center focusing on longevity medicine. Situated in an elegant setting at the Rote Schloss in Zurich, the center offers state-of-the-art diagnostic tools and therapies aimed at optimizing health, preventive chronic diseases and promoting vitality.

Established over 5 years ago in Luxemburg by Joanna Bensch and Prince Michael von Liechtenstein, advised by global leading experts in the longevity industry, the center is focusing on enhancing healthspan through cutting-edge science, preventive care, and personalized medicine.

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## Cellcolabs

Swedish biotech company Cellcolabs, founded on over two decades of research at the Karolinska Institute in Stockholm, Sweden, by Professor Katarina Le Blanc, is dedicated to making high-quality stem cells available and affordable to prevent and treat chronic diseases. The company's focus is on Mesenchymal Stem Cells (MSCs), known for their unique ability to modulate the immune system, reduce inflammation, and support cell regeneration, making them suitable for a wide range of medical applications.

Since September 2023, Cellcolabs has been offering stem cell treatments, produced with their own GMP-certified cells, through patient-funded clinical trials in the Bahamas. These trials focus on exploring the use of MSCs—via systemic infusion or local injections—to prevent the onset of a range of chronic diseases, musculoskeletal degeneration and sports injuries.

Cellcolabs CEO, Dr. Mattias Bernow, will discuss the latest advancements and health benefits of MSCs, as well as highlight Cellcolabs' groundbreaking clinical trials that have attracted global attention and are available for individuals to apply and take part in.

Participation is self-funded and contingent upon meeting the eligibility criteria for the trials. Treatment prices start at \$16,500.



EPIGENEDIT

## Epigenedit

The Epigenedit Academy combines years of medical experience, cutting-edge science and technology to develop personalized longevity programs that optimize physical and mental performance.

Our ethos is built on human connection and a deep understanding of each member's needs. This enables us to tailor long-term, sustainable programs for our clients to integrate into their daily lives. Every program is uniquely designed to ensure we equip our members with the essential mindset, knowledge and skills they need to build greater mental, physical and emotional resilience for longevity.



# Helsana

## Helsana

With over 2 million customers, the Helsana Group is one of Switzerland's leading health and accident insurers. Helsana insures its customers against the financial consequences of illness, accident, maternity and long-term care in old age. It develops solutions to mitigate the economic consequences of illness or accident-related incapacity for work for more than 60,000 companies and associations with a total of approximately 700,000 insured persons. With a premium volume of CHF 7.8 billion and a workforce of more than 3,400 employees throughout Switzerland, Helsana is one of the leading providers in the Swiss insurance market. The shareholders of Helsana Ltd are the two charitable foundations Fondation Sana and Artisana.

We are committed to the health and quality of life of our customers. We provide advice and coordinate with the objective of offering the best quality of care in every health situation. With innovative services and products, we offer individual support for a healthy lifestyle. As a shaper of the Swiss healthcare system, we therefore work to ensure a sustainable, high-quality, competitively organised and customer-friendly healthcare system.



## BLUEZONES® ELEMENTS

### Bluezones Suisse GmbH

The BLUEZONES® Research Group is a leader in epigenetics and genetics. Since 1998, we have been researching the flora and fauna of the Blue Zones, focusing on the utilization of plant nutrients that effectively counteract the aging process. These nutrients are used in the context of anti-aging/better aging in cooperation with renowned scientific partners and universities worldwide.

We focus on developing personalized health concepts that are scientifically validated.

The BLUEZONES® Research Group establishes market-leading projects in the field of longevity, which are marketed sustainably in cooperation with leading clinics.

HealthBioCare GmbH, a spin-off of the University of Vienna and our partner laboratory based in Vienna, is an independent company that is part of the research group. We operate on an international level, exchanging, complementing, and supporting each other.

All partners and participants adhere to the principles of a holistic health view. We use state-of-the-art analytical methods based on the latest scientific research. Sustainability, resilience, social justice, and access to information are central elements of effective, future-focused health care.



# SWISS LONGEVITY DAY

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## SLD TEAM

**Susanne von Meiss**, Head of SLD

**Noëmi Staehelin Tay**, Head of Operations

**Peter Flynn**, Conference Host

**Eliane Bachenheimer**, Head of Communication

**Dr. Anna Erat**, Programme Adviser

**Dr. Liv Kraemer**, Programme Adviser