

0800 – 0845 **Registration**

0845 – 1025 **Opening to Longevity**

The conference opens with a big-picture exploration of the forces shaping longevity, bringing together global perspectives, bold ideas, and emerging science to frame the future of healthy aging.

1025 – 1055 **Morning Break**

1055 – 1230 **Musculoskeletal Health**

This session dives deep into musculoskeletal health as a cornerstone of healthy longevity, drawing on powerful cohort data from Australia and Singapore alongside clinical and exercise science perspectives. These talks will connect population insights with practical strategies to preserve strength, mobility, and independence during aging.

1230 – 1330 **Lunch**

1330 – 1510 **Gut Health**

This session spotlights the gut microbiome as a central, systems-level regulator of healthy longevity, bringing together leading experts to examine host-microbe interactions shaping immune, metabolic, and gut-brain networks across the lifespan. It also explores how collaborative innovation is advancing the integration of emerging microbiome science into new strategies for nutrition and health.

1510 – 1540 **Afternoon Break**

1540 – 1720 **Slowing Biological Aging**

This session explores how we measure and understand biological aging through aging clocks, mitochondrial health and microbiome concepts. Hear from global experts on the mechanisms shaping the pace of aging.

The day concludes with the 2026 dsm-firmenich Nutrition Research Grant Award Ceremony, celebrating the next generation of innovation in nutrition science conducted in the Asia-Pacific region.

1720 – 1830 **Networking Reception**