

PROGRAM

● for everyone

● for schools

● for children

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SATURDAY 12TH SEPTEMBER



CENTER TENT [KITCHEN AREA / STAGE]		TALK E COOKING SHOW	
10.45–11.00	●	Official Opening of the Festival Welcome to the official opening of the Festival with Valter Longo (Director, Longevity Institute, University of Southern California, Los Angeles), Antonluca Matarazzo (Chief Executive Officer, Longo Foundation) and Angela Tuccia (Host and actress)	STAGE
11.00–11.30	●	Nutrition Masterclass "Nutrition Starts Young" . Let's get ready to become the judges of the cooking competition with Angela Tuccia (Host and actress) and Romina Cervigni (Scientific Director, Longo Foundation)	KITCHEN
11.30–13.00	● ●	Cooking Show & Competition: "The Best Longevity Dish" 2 finalist chefs competing , with secondary school students as judges, Angela Tuccia (Host and actress), Romina Cervigni (Scientific Director, Longo Foundation) and Mattia Codutti (Young Ambassador, Longo Foundation)	KITCHEN
13.15–14.00	● ●	Cooking Show: "Longevity Recipe – Middle Eastern Cuisine - Lunch in the Mediterranean" with Ghina Al Haj and Silvia Riva (Registered Dietitians, Longo Foundation), children — Tastings and samplings	KITCHEN
14.15–15.00	●	Round Table: "Nutrition, Sport, and Tourism" With the scientific introductory contribution of Valter Longo (Director, Longevity Institute, University of Southern California, Los Angeles) and with Roberta Frisoni (Councillor, Emilia-Romagna Region, Italy), Gianni Grandu (Deputy Mayor, Municipality of Cervia, Italy), Aldo Ferruzzi (President, Emilia-Romagna Thermal Circuit Consortium, Italy), Antonluca Matarazzo (Chief Executive Officer, Longo Foundation), Claudio Fantini (Chief Executive Officer, Fantini Club, Italy) Moderator: Antonio Alizzi (Journalist)	STAGE
15.15–16.00	● ●	Cooking Show: "Longevity Snack" . With Maura Bozzali (Registered Dietitian, Longo Foundation) and students from DIEFFE school in Spinea (Venice, Italy)	KITCHEN
16.15–16.45	● ●	Round Table: "Sport and Nutrition Transform Schools – From the Festival to the Classroom" . With DIEFFE school in Spinea (Venice, Italy), Smart Innovation School in Noventa Padovana (Padova, Italy), and Romina Cervigni (Scientific Director, Longo Foundation) Moderator: Chiara Amati (Journalist)	STAGE
16.55–17.10	●	Quiz: "A Journey Through the History of Food" . Quiz with Silvia Fain and Viviana Dello Ioio (Registered Dietitians, Longo Foundation)	STAGE
17.15–17.45	●	Painting Sport . Live performance by Luca Valerio D'Amico (Artist)	STAGE
17.15–18.00	●	Round Table: "Sport and Nutrition Change Lives" With representatives of the Italian Paralympic Youth Alpine Skiing Team Luca Ballarè and Federico Cotti (Athletes) and Tomaso Tomasetti (Coach of the Paralympic Youth Alpine Skiing Team), Massimo Contaldo (Director of the Studies and Research Office, Italian Gymnastics Federation and Team Manager, Women's National Team), Romina Cervigni (Scientific Director, Longo Foundation), Rossana Ciuffetti (Director of Sport Impact Area, Sport e Salute) Moderator: Chiara Amati (Journalist)	STAGE
18.15–18.45	●	"Longevity Starts at School" With Carmela Palumbo (Head of Department for the Educational System of Instruction and Training, Ministry of Education and Merit, Italy), Valter Longo (Director, Longevity Institute, University of Southern California, Los Angeles), Antonluca Matarazzo (Chief Executive Officer, Longo Foundation) Moderator: Antonio Alizzi (Journalist)	STAGE
18.45–19.15	●	Interview with Prof. Valter Longo . Interview with Valter Longo (Director, Longevity Institute, University of Southern California, Los Angeles) Moderator: Antonio Alizzi (Journalist)	STAGE
19.15–20.15	●	Documentary Trailer and DJ / Longevity Playlist Jam Live music and longevity DJ set to close the evening with energy. Host: Angela Tuccia (Host and actress)	MAIN TENT
21.00	●	Open-air Cinema - Documentary "Fasting & the Longevity Revolution" Screening in the original language English/Italian/Spanish with Italian subtitles	MAIN TENT

ACTIVITIES IN SEPARATE AREAS		SPORTS ACTIVITIES AND WORKSHOPS	
10.00–18.30	●	Children's Space. Area dedicated to children, open all day with games, recreational activities and workshops with Lucia Tomasetti (Yoga Instructor)	CHILDREN
10.00–10.45	●	Yoga for Everyone: open class for all ages with Gregorio Zucchinali (Yoga Instructor)	YOGA
	●	Yoga for Children : with Lucia Tomasetti (Yoga Instructor)	CHILDREN
11.00–18.00	●	Meet the Scientific Team. Registered Dietitians from Fondazione Valter Longo available throughout the day for questions and nutritional and lifestyle advice	MAIN TENT
11.15–12.15	●	Mindfulness: "Stop and Breathe: Finding Calm in the Present". Mindfulness session with Manuela Galassi (Meditation Instructor)	MINDFULNESS
12.15–13.15	●	Vinyasa and Iyengar Yoga for Awakening Energy and Joint Health. With Julia Curtis (Yoga Instructor) — class in English and/or Italian	YOGA
14.30–15.30	●	Workshop: "Biohacking or Fake News?" How to debunk false nutritional myths circulating on social media. With Metriks , Cecilia Verticchio and Silvia Giannattasio (Registered Dietitians, Longo Foundation)	WORKSHOP
14.30–18.00	●	Sports and Creative Activities Mini-tournaments of beach volleyball, beach soccer, handball, basketball, ping-pong.	SPORT
	●	Photography and social media workshops for younger participants.	WORKSHOP
15.00–16.00	●	Workshop "Nutrition Starts in Childhood". Workshop dedicated to children with Gregorio Zucchinali (Yoga Instructor), Manuela Lupis (Artist) and Laura Salemi (Registered Dietitian, Longo Foundation)	CHILDREN
15.45–16.30	●	Photography Workshop "Food & Longevity" . Photography workshop for students with Edoardo Colombo (Photographer) and Antonella Pellegrino (Registered Dietitian, Longo Foundation)	WORKSHOP
16.00–16.30	●	Rhythmic Gymnastics Exhibition with Comitato regionale Emilia Romagna	GYMNASTICS 1
16.00–17.00	●	Ashtanga Yoga for Adults. With Paola Ruggiero (Yoga Instructor)	YOGA
16.45–17.45	●	Mindful Eating Workshop. Mindful eating with Manuela Galassi (Meditation Instructor) and Stefania Di Blasio (Registered Dietitian, Longo Foundation)	MINDFULNESS

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SUNDAY 13TH SEPTEMBER



	CENTER TENT [KITCHEN AREA / STAGE]	TALK E COOKING SHOW	
10.30–10.45	●	Welcome to Day Two. With Angela Tuccia (Host and actress) and Antonluca Matarazzo (CEO, Longo Foundation)	STAGE
10.45–12.00	● ●	Cooking Show: "Fermentation". With Maura Bozzali (Registered Dietitian, Longo Foundation) and students from DIEFFE school (VE)	KITCHEN
12.00–12.45	●	Institutional Round Table: "Longevity and Institutions" Anna Maria Bernini (Senator and Minister of University and Research, Italy), Mariolina Castellone (Vice President of the Senate of the Republic, Italy), Valter Longo (Director, Longevity Institute, University of Southern California, Los Angeles), Antonluca Matarazzo (CEO, Longo Foundation), Moderator: Antonio Alizzi (Journalist)	STAGE
13.00–13.45	●	Cooking Show: "At the Longevity Table – Lunch in Italy" Morena Bertani and Maria Teresa Venuti (Registered Dietitian, Longo Foundation) – tastings and samplings.	KITCHEN
14.00–14.45	●	Round Table: "Sport and Nutrition Change Lives" (Part 2) With Italian national swimmers Gregorio Paltrinieri (video) and Fabio Scozzoli, Giuseppe Porcellini (Associate Professor UNIMORE, Head of Orthopedics, Sassuolo Hospital), Tiziana Balducci (Surgeon, Italian Swimming Federation Verona), Sara Laudani (Medical Director, Longo Foundation), Moderator: Antonella Tagliabue (Journalist)	STAGE
15.00–15.30	●	Longevity Q&A with the Longo Foundation Scientific Team. Romina Cervigni (Scientific Director, Longo Foundation) and Sara Laudani (Medical Director, Longo Foundation). Question box: audience questions collected at the entrance, answered by the experts during the session. Moderator: Antonella Tagliabue (Journalist)	STAGE
15.15–15.45	●	Painting Nutrition. Live performance by Luca Valerio D'Amico (Artist)	STAGE
15.35–15.55	●	Quiz: "Foodex – Food & Exercise" Quiz with Roberta Sangiorgio and Maria Vittoria Pieroni (Registered Dietitians, Longo Foundation).	STAGE
16.00–16.15	●	Talking Health to the Young. With In Caso Di (Pharmacists and science communicators) Moderator: Antonella Tagliabue (Journalist)	STAGE
16.30–17.00	●	Sport & Longevity: Training to Live Well. With Ciro Ferrara (former player of Napoli and Juventus, Dazn sports commentator) Moderator: Francesca Brienza (Journalist and TV presenter)	STAGE
17.15–17.45	●	Interview with Prof. Valter Longo and Niko Romito. Interview with Valter Longo (Director, Longevity Institute, University of Southern California, Los Angeles) and chef Niko Romito (Chef and entrepreneur). Moderator: Chiara Amati (Journalist)	STAGE
17.45–18.00	●	Award Ceremony: Best Longevity Chef. Award ceremony for the best longevity chef of the Festival. Host: Angela Tuccia (Host and actress)	STAGE
18.00–18.30	●	Official Closing of the Festival. Final greetings and official closing of the Festival with all sports associations, schools and guests, with Valter Longo and Longo Foundation . Host: Angela Tuccia (Host and actress)	STAGE

	ACTIVITIES IN SEPARATE AREAS	SPORTS ACTIVITIES AND WORKSHOPS	
08.00–09.15	●	Longevity Walk Registration. Registration opens for the Longevity Walk	MAIN TENT
08.15–09.00	●	Stretching and Yoga in preparation for the Walk. With Andrea Farina (yoga teacher)	YOGA
09.15–10.30	●	Longevity Walk. With Claudio Fantini (CEO, Fantini Club), Antonluca Matarazzo (Vice President, Longo Foundation), Representatives of sports associations, Cervia Cammina and Marco Iachetta (Civil Protection)	
09.15–10.30	●	Ashtanga Yoga for Adults Morning Ashtanga yoga session for adults with Paola Ruggiero (Yoga teacher)	YOGA
09.15–16.00	●	Children's Space. Area dedicated to children open all day with games, recreational activities and workshops with Lucia Tomasetti (Yoga teacher)	CHILDREN
10.30–11.30	●	Mindfulness: "Nourishing Body and Mind". Morning mindfulness session with Manuela Galassi (Meditation teacher)	MINDFULNESS
10.30–16.00	●	Meet the Scientific Team. Registered Dietitians and nutritionists from Fondazione Valter Longo available throughout the day for questions and nutritional and lifestyle advice	MAIN TENT
11.30–12.30	●	Workshop "Nutrition Starts in Childhood". Workshop dedicated to children with Gregorio Zucchinali (Yoga teacher), Manuela Lupis (Artist) and Laura Salemi (Registered Dietitian, Longo Foundation)	CHILDREN
14.00–17.00	●	Mini Sports Tournaments. Afternoon tournaments open to the public: handball, beach volleyball, beach soccer and ping pong.	SPORT
14.00–14.45	●	Q&A with Athletes from the Italian Paralympic Alpine Ski Team. Workshop with Athlete representatives of the Paralympic Youth Alpine Ski Team Luca Ballarè and Federico Cotti ; Asia Zanotti and Linda Zanotti , Guide Athletes of the Paralympic Youth Alpine Ski Team Moderator: Mattia Codutti (Young Ambassador) and Federica Tozzi (Scientific Team, Longo Foundation)	YOUTH TALK
15.00–16.00	●	Pilates Workshop. With Eva Imbrunito ((Master Trainer Pilates & Longevity Expert)	YOGA
15.00–15.45	●	Food Photography Workshop. Photography workshop for students with Edoardo Colombo (Photographer) and Antonella Pellegrino (Registered Dietitian, Longo Foundation)	WORKSHOP
15.30–15.40	●	Artistic Gymnastics Exhibition. La Trottola Group	GYMNASTICS 2
16.00–16.10	●	Artistic Gymnastics Exhibition. La Trottola Group	
16.00–17.00	●	Anukalana Yoga and Yoga Nidra for Families. With Gregorio Zucchinali (Insegnante di yoga)	YOGA
16.20–17.30	●	Artistic Gymnastics Exhibition: Cervia Ginnastica e Sport	GYMNASTICS 2