

Attilio Longevity Event

Evidence over hype. Conflict-Free Science.
A private gathering of the world's leading longevity researchers.

STANFORD UNIVERSITY
STANFORD, CALIFORNIA

Thu, Oct 29, 2026

MASTER OF CEREMONIES

Ken Stern

Founder and Chair, The Longevity Project

HOSTED BY

Dr. Laura Carstensen

Stanford Center on Longevity

Dr. Eric Verdin

Buck Institute for Research on Aging

An inaugural convening

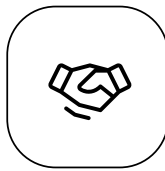
By Invitation Only

Why We Gather

The Attilio Longevity Event exists to offer something hard to find: unhurried, direct access to the world's leading scientists, in a setting deliberately free of commercial pressure.

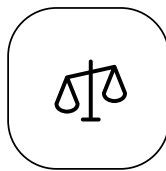
Our inaugural convening opens its doors to all. No matter your age, gender, background, education, location, or profession — whether you're employed or between roles, self-employed or in the gig economy, a lifelong student or a seasoned mentor—there's a place for you here — across a single, focused day built for genuine conversation and a clear, evidence-based framework each guest can carry home.

The Three Pillars.



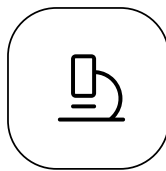
Nothing for Sale

No sponsors underwrite the science, no products line the halls, and no speaker earns from their advice. What remains is the rarest thing in longevity — evidence, offered freely by those who actually know.



Hype vs. Evidence

Each session tests a popular claim against the strongest independent evidence.



Top Scientists

Chosen for the strength of their evidence — not the size of their following.

A Day at the Front of Science

Spend a day with the researchers understanding how we age — across the table, not at a distance. Ask what you could never ask the right person, and leave with a clear, conflict-free plan for a longer, better life.

Open Time & Networking

Generous, unstructured blocks for attendees, scientists, and faculty to connect.

Comprehensive Baseline

The Dr. Verdin Baseline Assessment™ will be provided for all participants.

One-on-One with the Experts

Sit directly with the scientists — across panels, meals, breaks, and dedicated sessions.

A Lasting Framework

Become a more educated and critical consumer of longevity and wellness science.

What You Will Receive

The convening is immersive and interactive providing direct collaboration with every speaker. All founding members are enrolled in Stanford University’s Course “Foundations of Longevity”. Membership includes The Dr. Verdin Baseline Assessment™, comprised of comprehensive labs, DEXA Scan, VO2 Max test, Continuous Glucose Monitor, Withings Body Composition Scale, Sleep Study, Intrinsic Capacity Assessment, and PhenoAge.

Direct Collaboration with Every Speaker

By design, 50 Founding Members and a faculty of the world’s leading independent scientists engage in personalized, transparent dialogue with each speaker — across panels, meals, breaks, and structured one-on-one time.

Enrolled in Stanford University Course: Foundations of Longevity

Founding Members are automatically enrolled in the Stanford University Longevity program, “Foundations of Longevity”, a recognition reserved for those who complete the convening.

Comprehensive Baseline Assessment

The Dr. Verdin Baseline Assessment™: combines evidence-based biomarker analysis with insights from one of the world’s foremost leaders in aging research, the assessment establishes a personalized health baseline that helps identify opportunities for proactive intervention, optimize healthspan, and support informed, data-driven decisions for long-term well-being.

A Personalized Health Roadmap

Your Health Architect designs a roadmap that pairs your advanced baseline with your own goals and objectives, then guides you through it, step by step.

A Conflict-Free Reference Network

Direct, ongoing access to the faculty and to a vetted directory of independent specialists for follow-on care.

Invitation Only

Attendance is by invitation only, limited to 50 Founding Members. No vendor booths. No sponsor stages. Meals and breaks are structured for unhurried dialogue with the faculty.

Faculty & Speakers

Meet the researchers defining how we age: the minds the rest of the field cites, gathered for a single day — with no product to sell and every answer to give.



Laura Carstensen, PhD

Professor and Director, Stanford Center on Longevity



Eric Verdin, MD

President & CEO, Buck Institute for Research on Aging



Ken Stern

Founder & Chair, The Longevity Project



Robert Waldinger, PhD

Professor of Psychiatry, Harvard Medical School



Dean Ornish, MD

Founder & President, Preventive Medicine Research Institute



Tom Rando, MD, PhD

Professor and Director, Broad Stem Cell Research Center, UCLA



Nathan Price, PhD

Professor & Researcher, Buck Institute for Research on Aging



Manu Sharma

Founder & CEO, Labelbox



Michael Breus, PhD

Clinical Psychologist, The Sleep Doctor



Joshua Rosenthal

Founder, Institute for Integrative Nutrition



Mike Stone, MD

Founder & CEO, Lead Functional Medicine Physician Pillars Health



David Rehkopf, PhD

Director, Stanford Center on Longevity

The Morning Program

The science of a longer life and the wisdom to live it well.

9:00 AM	Welcome & Opening Remarks	Ken Stern, Paul A. Pagnato	The tone for everything that follows — set in the first five minutes.
9:15 AM	Opening Address "A New Map of Life: Why Longer Lives Call for New Ways of Living"	Dr. Laura Carstensen	How we gained thirty extra years - and how to actually live them.
9:45 AM	Fireside Chat. Genetics, Epigenetics & Social Determinants of Health	Dr. Eric Verdin, David Rehkopf	Your biology is not your destiny - the math of millions shows why.
10:15 AM	Talk. Happiness: What the 85-Year Harvard Study Found	Dr. Robert Waldinger	Eight decades of evidence that a good life is built on good relationships.
10:45 AM	Break & Open Networking	Grab a healthy snack, stretch your legs, and mingle with faculty and fellow members.	
11:00 AM	Fireside Chat. Longevity: Myth, Science & the Frontier	Dr. Eric Verdin, Dr. Tom Rando	Senolytics, NAD, stem cells - what the science says, and what it doesn't.
12:00 PM	Lunch & Faculty Roundtables	Each table is hosted by a faculty expert around a theme - lifestyle medicine, cardiovascular health, relational and mental wellbeing, epigenetics, stem cells, Blue Zones, nutrition, and AI.	

The Afternoon Program

Food as medicine — and the daily habits that sustain longevity.

What You Leave With:

The Personalized Health 100x Platform: Health on Demand, Longevity Training, Health Optimization Index, your own numbers, and so much more.

1:30 PM	Fireside Chat. Artificial Intelligence in Longevity	Manu Sharma, Paul A. Pagnato	Where AI already outreads the specialist - and where it must not.
2:15 PM	Fireside Chat. Behavior, Biometrics & the Comprehensive Baseline	Dr. Mike Stone, Dr. Nathan Price	Turning your numbers into the few habits that actually move them.
3:10 PM	One-on-One Time with the Experts	The convening's most personal hour. Two 20-minute sessions with the faculty of your choosing, in a small, focused setting built for real dialogue. Bring your diagnostics and the question you've always wanted to ask - answered face to face.	
4:00 PM	Talk. Reversing Alzheimer's & Diabetes Through Lifestyle	Dr. Dean Ornish	The strongest case for lifestyle as medicine.
4:30 PM	Panel. Dr. Verdin Baseline Assessment™	Dr. Eric Verdin, Michele Miller	Measuring health before symptoms speak. The nine components.
5:00 PM	Closing Panel. Top 10 Diagnostics Every Adult Over 40	Dr. Eric Verdin, Dr. Dean Ornish, Dr. Mike Stone	The ten tests every adult over forty deserves - and most never get.
5:45 PM	Closing Remarks	Paul A. Pagnato	A final word - and the standard you carry home.
6:00 PM	Group Dinner. A Conversation on Sleep & Its Role in Longevity	Dr. Michael Breus	A healthy dinner catered to your longevity, with an enlightening conversation on sleep - setting the tone for turning the day's knowledge into habits that last a lifetime.

Conversations Worth the Trip

For one day, the minds the rest of the field cites sit across the table from you — each taking a belief the world repeats and holding it to the hardest independent evidence, with nothing to sell.

1

History of Longevity

From lifespan to healthspan.

Dr. Laura Carstensen

2

Genetics, Epigenetics & Social Determinants

Why similar lives age so differently.

Dr. Eric Verdin

3

Longevity: Myth, Science & the Frontier

Evidence vs. Hype.

Dr. Eric Verdin, Dr. Tom Rando

4

Artificial Intelligence in Longevity

Where AI already outreads the specialist – and where it must not.

Manu Sharma, Paul A. Pagnato

5

Behavior, Biometrics & the Comprehensive Baseline

Your numbers, read as signal.

Dr. Mike Stone, Dr. Nathan Price

6

Happiness: The 85-Year Harvard Study

The clearest predictor is each other.

Dr. Robert Waldinger

7

Reversing Alzheimer's & Diabetes

Lifestyle that turns disease around.

Dr. Dean Ornish

8

Dr. Verdin Baseline Assessment™

Measuring health before symptoms speak.

Dr. Eric Verdin, Michele Miller

9

Top 10 Diagnostics Every Adult Over 40

The panel that should be standard care.

Dr. Verdin, Dr. Ornish, Dr. Stone

Dr. Verdin Baseline Assessment™

The conversations of the day open the door to the Dr. Verdin Baseline Assessment™: Nine components yielding a complete, quantifiable, defensible baseline, captured early, monitored continuously, and interpreted by a dedicated Health Architect™. What begins at Stanford and the Buck Institute becomes a lasting foundation. A baseline worth defending.

BLOODWORK

Expanded Labs

Markers across cardiovascular, metabolic, hormonal, micronutrient & toxic load.

BODY COMPOSITION

DEXA Scan

Lean tissue, visceral fat, and bone density.

CARDIORESPIRATORY

VO2 Max

The strongest predictor of all-cause mortality — tested, not estimated.

COGNITIVE

Cognitive Testing

Executive function, memory, and attention.

METABOLIC

Glucose Monitoring

Continuous data beyond HbA1c and fasting insulin.

FUNCTION

Intrinsic Capacity

Gait speed, grip strength, and sensory quality.

MENTAL HEALTH

PHQ-9 & GAD-7

Validated mental-health screens, taken in the platform.

SLEEP

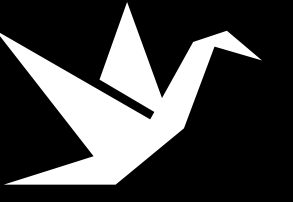
Sleep Study

An at-home apnea test (HSAT) screening for obstructive sleep apnea.

BIOLOGICAL AGE

PhenoAge

Nine blood markers distilled into one biological age.



"The goal
is not a longer life.
It is a longer, better life."

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