

# Your Brain is the Key to Transformation

Should your age decide your health?

## The Fountain of Life: **Longevity Science for All**

**June 14, 2025**

**Join our Community  
Workshops & Discussions**  
led by experts

**In-Person & Online**

**Grand Rue 11, 1204 Geneva**



## Program of the Day

9:30 - 9:40 **Welcome & Introduction**

9:40 - 10:10 **The Neuroscience of Emotional Resilience  
& Well-being**

Dr. Olga Klimecki, Cognitive Neuroscientist & Psychologist,  
Helmut-Schmidt- University Hamburg, Germany

10:10 – 10:25 **Compassion Meditation**

Bianca King, Mindfulness Teacher, Innovative Speaker,  
Psychological Counselor, Switzerland

10:25 - 10:55 **Gut Health for the Longevity: Science Beyond  
the Microbiome Myths**

Dr. Jelena Vulevic, Gut Microbiologist,  
Founder of The Gut Perspective, the United Kingdom

10:55 – 11:10 **Aging...A Form of Art! The Dance of Life! Part I**

Paola Campagna, Choreographer,  
Dance Movement Therapist, Somatic Educator, Italy

11:10 - 11:20 **Coffee Break**

11:20 – 11:50 **The Science of Sleep**

Dr. med. Markus Schmidt, Head of Sleep Medicine,  
Swiss Sleep House, University Hospital Bern, Switzerland

11:50 – 12:00 **Laughter and Voice Session, Part I**

Elisabete Fernandes, Laughter & Voice Practitioner,  
Performer, Switzerland

12:00 – 12:30 **Motivation and Self-Regulation: How to Accomplish One's Goals**

Prof. Guido H.E. Gendolla, Director, Geneva Motivation Lab – University of Geneva, Switzerland

12:30 – 12:50 **Food, Fasting & Brain Health:**

Reflections on the work of Dr. Romina Cervigni,  
Valter Longo Foundation  
Kristina Andjelkovic, Health & Mental Coach  
Founder of The NINA Health, Switzerland

12:50 - 13:20 **Lunch**

13:20 - 13:40 **Eastern Wisdom for Longevity & Emotional Balance**

Oana Budica, Specialist in Traditional Chinese Medicine,  
Switzerland

13:40 – 14:10 **Prevention Strategies (Dementia and Alzheimer's) as Part of the National Initiative - The Swiss Brain Health Plan 2023-33**

Dr. Federica Ribaldi, Memory Center, University Hospital of Geneva (HUG), Geneva, Switzerland

14:10 – 14:30 **Possibilities and Limitations of Wearable Health Monitoring Devices**

Dr. Moritz Kielkopf, Neurologist, University Hospital of Bern, Switzerland, Co-Founder, Brain Health Challenge 2025

14:30 - 14:40 **Laughter and Voice Session, Part II**

Elisabete Fernandes, Laughter & Voice Practitioner,  
Performer, Switzerland

14:40 – 15:10 **Origin of the Obesity Epidemic: Food? Sedentarism? Emotions?**

Dr. Katarina Melzer, Life Science PhD, Director Equiliberty, Switzerland

15:10 - 15:20 **Coffee Break**

15:20 -15:50 **The Brain in a Digital World: Adapting Ancient Wiring to Modern Life**

Gregory Caremans, Neurocognitive & Behavioral Expert,  
Founder of Brain Academy, Belgium

15:50 – 16:00 **Aging...A Form of Art! The Dance of Life! Part II**

Paola Campagna, Choreographer, Dance Movement  
Therapist, Somatic Educator, Italy

16:00 - 16:20 **Creative Arts and Wellbeing, Theory and Practice**

Elena Howarth, Founder of Creative Brain Academy,  
Switzerland & Anzhela Popova, Safeguarding Lead & Mental  
Health Practitioner, the United Kingdom

16:20 – 17:00 **Never Too Late: Countering Cognitive and Brain Decline Through Musical Training**

Prof. Dr. Clara E. James, University of Applied Sciences and  
Arts Western Switzerland (HES-SO), Privat-Docent University  
of Geneva, Founder of the GEMMI Lab, Switzerland

17:00 – 17:10 **Sound Bath**

Switzerland

17:10 – 17:20 **Q&A & Closing Remarks: the End is the New Beginning**