

LET'S EXPLORE



EXPLORE  
CONNECT  
DISCOVER



THE OFFICIAL PARTNERS



PRUVN  
**Healthspan**  
SUMMIT

OCTOBER,  
**05-06** 2024

UCLA South Bay  
Rancho Palos Verdes,  
California.

W E L  
C O M E

DISCOVER HOW TO LIVE  
**100 HEALTHY**  
YEARS OR MORE



SATURDAY  
OCTOBER 5



ETERNA  
STAGE

10:00 AM

**Welcome Celebration**  
Elias Arjan will be joined by special guests to open the 2024 Healthspan Summit.

10:30 AM

**Keynote: Validating Healthspan**  
The team from **PRUVN Research** (Veronica Besmer, Dr. Francisco Cidral & Elias Arjan) will share how they are validating the claims of the longevity industry.

11:00 AM

**Panel: Tech Innovation**  
Greg Elliot – Moderator | Tessa Lippmann – Nowatch | Elizabeth Angel – Agora | Bruno Balen – AniBiome

11:45 AM

**Panel: Biohack Your Beauty**  
Dr. Kayte Susse – Moderator | Dr. Joy Kong – Regenerative Doctor | Sebastian Legree – Inventor | Dr. Walter Joseph – Surgeon

12:30 PM

**Keynote: Brand Building**  
**Nick Capozzi** shares how to build a longevity brand and grow your thought leadership on LinkedIn.

1:00 PM

**LUNCH HOUR**  
Head to the Food Trucks and the Healthspan Cafe

MAKE SURE TO VISIT THE INNOVATION ZONE AND CONSCIOUS HEALTH OASIS

2:00 PM

**Keynote: Cellular Medicine**  
**Dr. William Seeds** | Founder and President of the Seeds Scientific Research & Performance (SSRP)

2:30 PM

**Panel: Medicine of the Future**  
Elias Arjan – Moderator | Dr. William Seeds – SSRP | Dr. Ian White – Neoboisis | Dr. Olivia Lesslar – Functional Doctor

3:15 PM

**Panel: Investing in Longevity**  
Jyothi Devakumar – Moderator | Anastasiya Giarletta – R42 | Fiona Miller – Quadrascopie | Darren Eng – Los Angeles Venture Association

4:00 PM

**Keynote: Holistic Dentistry**  
**Dr. Ben Javid.** Detox at the Source. Biological Dentistry is the first step to achieving Optimal Health, Vitality and Longevity.

4:30 PM

**Keynote: Extending Sexspan**  
**Susan Bratton** on how to optimize our sexspan as we age for greater longevity and quality of life.

6:00 PM

**VIP/Speaker Event**  
Private reception with the VIP guests and speakers 6–8 PM. Food and drinks will be served.

MUST HAVE A VIP TICKET TO ATTEND

SUNDAY  
OCTOBER 6



ETERNA  
STAGE

10:00 AM

**Community Activation**  
Functional Movement taught by multiple instructors followed by a breathwork and cold plunge experience with Kristin Weitzel

Join us in the Vitality Zone!

10:30 AM

**Welcome Day 2**  
Elias Arjan will welcome people to the second day of the event.

10:45 AM

**Panel: Exercise for Longevity**  
Lauren Sambataro – Moderator | Stephen McCain – Olympian | Jenny Jones – Biohacker | Dr. Asghar Husain – Orthopedic Surgeon

11:30 AM

**Keynote: The Hunt for the Holy Grail of Healthy Aging**  
**Dr. Stephanie Venn-Watson**, Co-Founder & CEO of Seraphina Therapeutics, will share their latest research on C:15, the first essential fatty acid to be discovered in 90 years.

12:00 PM

**Keynote: Reversing Your Brain's Age**  
**Paola Telfer** the CEO and Founder of Sens.ai, explains how to quantify brain health as we age.

12:30 PM

**Keynote: Taking Rejuvenation to Longevity Escape Velocity**  
**Aubrey De Grey** President & Chief Science Officer – LEV Foundation

1:00 PM

**LUNCH HOUR**  
Head to the Food Trucks and the Healthspan Cafe

MAKE SURE TO VISIT THE VITALITY AND INNOVATION ZONES

2:00 PM

**Keynote: Political Advocacy for Longevity**  
**Brenda Eap, PhD** shares the vision behind The Alliance for Longevity Initiatives.

2:15 PM

**Keynote: Mental Health & Spirituality**  
Two Vital Factors for Enhancing Lifespan & Healthspan with **Dr. Anna Yusim** – Conscious Health

2:45 PM

**Panel: The Business of Longevity**  
Moderator – Dave Whelan | Nick Capozzi – Founder | Dasha Maximov – Advisor | Ameann DeJohn – Consultant

3:15 PM

**Panel: Women's Health**  
Renee Belz – Moderator | Dr. Anastasia Chemeritskaya – Longevity Clinician | Sarah Glicken – Osteostrong | Kristin Weitzel – Coach

4:00 PM

**Closing/Raffle**  
Elias Arjan will close up the event with a raffle. The Innovation Zone is open until the event ends at 5 pm.

MUST BE PRESENT TO WIN



FIND YOUR UNIQUE PATH

