



THE 2025 Healthspan SUMMIT



UNITING THE FUTURE OF HEALTH

INTO **ONE** POWERFUL
INTERACTIVE EXPERIENCE

#HSSUMMIT25

WELCOME TO THE
2025 HEALTHSPAN SUMMIT

When I started the Healthspan Summit, my goal was simple: to create a gathering where science, clinical practice, and innovation could meet in one place — not just to discuss the problems of modern healthcare, but to accelerate the real solutions that will help us live healthier, longer lives.

This year, we've brought together clinicians, researchers, entrepreneurs, and forward-thinking brands who share a common mission: making 100 healthy years possible for everyone. You'll experience evidence-based talks, breakthrough innovations, and community like no other.

Thank you for being part of this movement.

Let's continue building a future where healthspan — not just lifespan — is the metric of success.



Elias Arjan
Elias Arjan

Founder & Curator,
Healthspan Summit



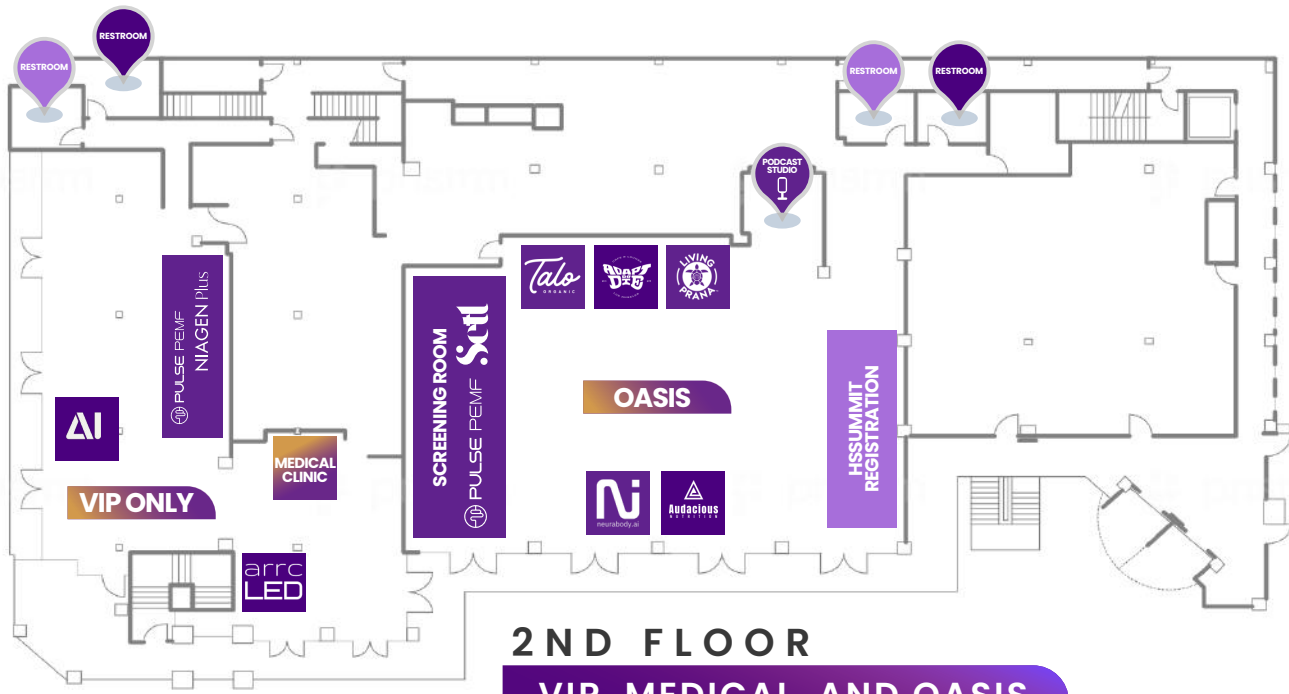
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LET'S EXPLORE



ALUMA STAGE

For VIP Ticket Speakers Only

FRIDAY
OCTOBER 3

3:30 PM – 4:00 PM

Dr. Joseph Antoun – CEO and Chairman at L-Nutra

4:00 PM – 4:30 PM

David Perez – Founder & CEO at Lumati

4:30 PM – 5:00 PM

Elias Arjan – Founder/CEO at Healthspan Productions/PRUVN

ALUMA STAGE

For GA and VIP Ticket Holders

SATURDAY
OCTOBER 4

10:00 AM – 10:30 AM

Welcome Celebration

Your Emcees will be joined by special guests to open the 2025 Healthspan Summit.

10:30 AM – 11:00 AM

Elias Arjan – Healthspan: The Future of Health – A Founder's Vision

11:00 AM – 11:45 AM

Dr. William Seeds – Cellular Medicine Physician and Founder at Seeds Scientific Research & Performance (SSRP) Institute and Redox Medical Group

11:45 AM – 12:30 PM

Real-World Prevention: How Healthspan Science Becomes Clinical Practice

Dr. Asghar Husain | Dr. Elena Zinkov | Dr. William Seeds | Dr. Jeff Gross

12:30 PM – 1:00 PM

Dr. Kami Hoss – Founder & CEO at SuperMouth

1:00 PM – 2:00 PM

Lunchtime – Visit the Oasis Café, Innovation Hall & Vitality Zone, and grab a bite at nearby restaurants.

2:00 PM – 2:30 PM

Dr. Fab Mancini – America's #1 Health and Lifestyle Media expert at Parker University

2:30 PM – 3:15 PM

Medicine of the Future: Dr Sogol Ash | Jenny Jones | Dr. Ryan Greene | Dr. Anna Emanuel

3:15 PM – 3:30 PM

Interlude – 15 minute movement, breathwork & music pause to reset body, mind & energy

3:30 PM – 4:15 PM

Precision Diagnostics: Genes, Gut, & Bone in Personalized Healthspan

Dr. Doug Lucas | Andi Rainville | Dr. Chidozie Ojobor | Elias Arjan

4:15 PM – 5:00 PM

Conscious Healing: Integrating the Feminine into Modern Healthspan

Amber Berger | Lea Llovio | Kathy Hoss | Natalia Naila

ALUMA STAGE

SUNDAY
OCTOBER 5

10:30 AM – 11:00 AM

Dr. Marlon Rollins – Behavioral Psychologist at Mind Transformed

11:00 AM – 11:30 AM

Dr. Aubrey de Grey – President and CSO at LEV Foundation

11:30 AM – 12:00 PM

Dr. Stephanie Venn-Watson – Veterinary Epidemiologist and Founder at Seraphina Therapeutics

12:00 PM – 12:30 PM

Fitness coach Thomas DeLauer joins Dr. Venn-Watson to explore C15:0's real-world impact

12:30 AM – 1:00 PM

Lunchtime – Visit the Oasis Café, Innovation Hall & Vitality Zone, and grab a bite at nearby restaurants.

1:00 PM – 1:45 PM

Are Longevity Clinics and Wellness Centers the New Healthcare?

Jeremy Hoffmann | Richard Handley | Dr. Jason Pencek | Renee Belz

1:45 PM – 2:15 PM

Building the Healthspan Stack: AI, Innovation & the Business of Personalization

Dave Whelan | William B Choi | Gaurav Kohli | Isabel Stewart

2:15 PM – 3:00 PM

Susan Bratton – Intimacy Expert and CEO at The 20 and Personal Life Media

3:00 PM – 4:00 PM

The Healthspan Summit Finale – Meet the Cast of Your Second Fifty + Closing Raffle

Laurent Goldstein | Dr. Fab Mancini | Susan Bratton | Elias Arjan | Dr Venn-Watson | Dr. Jeff Gross

INNOVATION STAGE

SATURDAY
OCTOBER 4

11:30 AM–12:00 PM

Gaurav Kohli – Founder & CEO at VitalFriend Inc.

12:00–12:30 PM

Csilla Ari – Neuroscientist, Founder and CEO, Audacious Nutrition

12:30–1:00 PM

Dr. Jason Pencek – Founder, NutriV Therapies

1:00–1:30 PM

Sarah Glicken – Longevity Entrepreneur, Partner in Precision Bone Imaging
Dr. Doug Lucas – Double Board-Certified Orthopedic Physician, Founder at The OsteoCollective

1:30–2:00 PM

Kim Ressler – Founder/CEO, SNiP Nutrigenomics

2:00–2:30 PM

Book Signing: Dr. William Seeds – Cellular Medicine Physician and Founder, Seeds Scientific Research & Performance Institute and Redox Medical Group

2:30–3:00 PM

Book Signing: Dr. Fab Mancini – Best-Selling Author, Health & Lifestyle Expert

3:00–3:30 PM

Dr. Jeff Gross – Founder and CEO, ReCELLebrate

QUANTUM VITALITY ZONE

9:20–9:50 AM

Movement with Christina “Poofy” – A high-energy blend of Yoga, Pilates, and functional training to get your circulation flowing and mind centered.

1:00–2:00 PM

Systemic Healing Workshop with Dey

Explore whole-system approaches to balancing energy, body, and breath.

5:00–6:00 PM

End-of-Day Party Plunge

Cold immersion meets music, dance, and community celebration.

OASIS

5:00–6:00 PM

Sound Healing Journey With Joshua Hanna

INNOVATION STAGE

SUNDAY
OCTOBER 5

10:00–10:30 AM

Jane Emma – CEO & Founder of The GoodFor Co.

10:30–11:00 AM

Dylan Wenzlau – Founder & CEO at Guava Health | **Nick Capozzi** – Host

11:00–11:30 AM

Book Signing: Dr. Marlon Rollins – Behavioral Psychologist

12:30–1:00 PM

Peter Post – Founder, The Happiness Model

1:00–1:30 PM

Book Signing: Dr. Stephanie Venn-Watson

Veterinary Epidemiologist and Founder, Seraphina Therapeutics

QUANTUM VITALITY ZONE

9:20–9:50 AM

Morning Movement Reset with Christina “Poofy”

1:00–1:30 PM

Mini Systemic Healing Workshop with Dey

OASIS

1:00 PM – 2:30 PM

Laurent Goldstein – Filmmaker at Citrus Pie Media Group
Special Event | First Ever Screening of – “Your Second Fifty, Listen to the Lion”.

THANK YOU TO OUR EXHIBITING PARTNERS

fatty¹⁵

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nutrigenomics

soma
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**OPERATIONS
AND LOGISTICS**



THANK YOU TO OUR VOLUNTEERS, STAFF &
EVERYONE WHO MADE THE SUMMIT POSSIBLE
ESPECIALLY YOU!

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THE **2026**
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