

A FUTURE **BEYOND**

SEPTEMBER 13TH TO 15TH 2019 · SITGES (BARCELONA)



INTERNATIONAL
TELOMERE
SYMPOSIUM



Agenda

Symposium
Activities

AGENDA

Friday 13th

2:00 pm - 6:00 pm

RECEPTION OF ATTENDEES
AND ACCOMMODATION

4:00 pm - 6:00 pm

STROLL ALONG THE
GARRAF COAST

A walk from Sitges to Vilanova I la Geltrú,
along the coast. **Sporty/comfortable
footwear required.**

- > Walking route
- > Difficulty: average
- > Distance: 8 km (4.9 miles)
- > Duration: 2 hours

7:00 pm - 8:00 pm

OPENING AND WELCOME
DRINK

Attendees will enjoy a warm welcome
from our sponsors.

8:30 pm

TAPAS OUTING AND CREATIVE
EVENING IN SITGES*

An evening out around Sitges center,
enjoying a delicious "tapas" dinner, and a
creative night.

*Not included in the registration price.



AGENDA

Saturday 14th

9:00 am - 10:30 pm

CHECK-IN AND DELIVERY OF
CONFERENCE PASSES

10:30 am - 7:00 pm

INTERNATIONAL TELOMERE
SYMPOSIUM*

> Morning: First 4 Conferences and
Round Table.

> Lunch at the Hotel.

> Afternoon: 3 Conferences and
Round Table.

8:30 pm

"TAPAS" EVENING OUT
& LIVE MUSIC*

At the end of the day, you'll be able
to enjoy a "tapas" dinner and an
evening with live music. **It will be an
exciting night!**

*Not included in the registration price.

*International Telomere Symposium

10:30 am - 11:00 am

CONGRESS OPENING, WELCOME
SPEECH CONFERENCE BY
DR. GLORIA SABATER
"Latest advances on aging and the
telomere theory."

11:00 am - 12:00 pm

CONFERENCE BY
DR. HAKAN CANGÜL
"Importance of telomere
for health and longevity."

12:00 pm - 12:50 pm

CONFERENCE BY
DR. LISSESE OTERO
"Telomere associated variables,
age and cancer."

12:50 pm - 1:40 pm

CONFERENCE BY
DR. FRANCISCO CARREÑO
"Preventative and clinical utility of exercise
on telomere health."

1:40 pm - 2:00 pm

ROUND TABLE

2:00 pm - 3:00 pm

LUNCH AT THE HOTEL

3:00 pm - 3:50 pm

CONFERENCE BY
DR. ÁNGEL DURÁNTEZ
"Clinical utility of telomeric research in the
field of Age Management Medicine."

3:50 pm - 4:40 pm

CONFERENCE BY
DR. FRANCISCO CARREÑO
"Practical aspects in sports and nutrition to
improve body composition."

4:40 pm - 5:30 pm

CONFERENCE BY
DR. HAKAN CANGÜL
"Scientific studies about TA-65."

5:30 pm - 6:30 pm

ROUND TABLE

6:30 pm - 7:00 pm

BUSINESS SESSION
TASCIENCES AND CLOSURE
OF THE SYMPOSIUM.
GEORGE BAN (Business development
manager T.A. Sciences)

Conferences in Spanish will have
simultaneous translation.

AGENDA

Sunday 15th

9:00 am - 10:00 am

YOGA AND MEDITATION

We'll begin the day with a yoga and meditation session, to start the day with energy and spirituality. A free activity, suitable for all levels.

Sporty/comfortable clothing required.



OPTION A: 11:30 am - 12:30 pm

SPORT SESSION WITH FRANCISCO CARREÑO

After an enriching conference from Dr Francisco Carreño, about exercise and telomere health, we will do a series of exercises to keep healthy and in shape. A free activity suitable for all levels.

Sporty/comfortable clothing required.

OPTION B: 10:30 am - 2:00 pm

STROLL AROUND SITGES AND VISIT TO MUSEUMS*

For those who fancy to get to know the beauty and history of Sitges, we propose a visit to the 3 main museums in town.

Limited places.

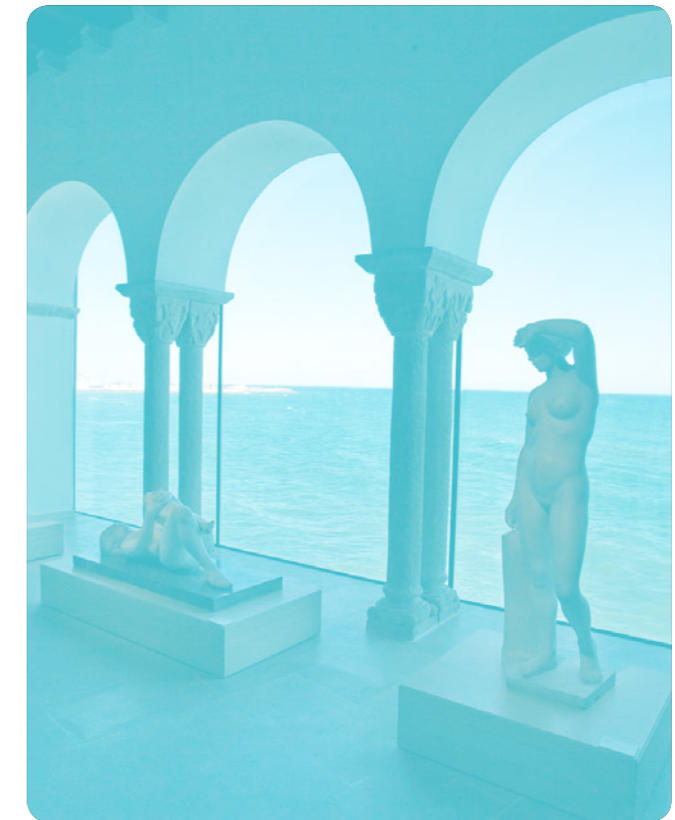
- > **10:30 am - 11:30 am:** Cau Ferrat Museum
- > **11:45 am- 12:45 pm:** Maricel Museum
- > **1:00 am- 2:00 pm:** Maricel Palace

2:30 pm - 4:30 pm

LUNCH*

4:30 pm

FAREWELL SPEECH



*Not included in the registration price.



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