

# NEW EVENT ANNOUNCEMENT



## Longevity and Biological Ageing: Enhancing Health into Advanced Age

The NMI Summit 2026 Longevity and Biological Ageing: Enhancing Health into Advanced Age is focused on the role of precision nutrition and personalised lifestyle medicine as transformative strategies for optimising health in the context of biological ageing, chronic disease prevention and helping people enjoy healthier lives as they age.

Despite lifespan increasing, people are not experiencing better health. Functional capacity is declining and the incidence of chronic diseases including osteoporosis, cardiometabolic disease, and dementia are increasing.

Previously it was believed that age-related physical decline was inevitable and could not be prevented or reversed. More recently clinical interventions that target the hallmarks of biological ageing have challenged this view. Furthermore, it is possible to prevent, alleviate and sometimes reverse age-related diseases.

This conference explores cutting-edge advances in biological ageing assessment and interventions. Personalised nutrition and lifestyle changes can reverse biological ageing and improve metabolic health, body composition, vascular health, immune function, overall mood, cognition, vitality and flourishing.

Themes include molecular and physiological phenotypes associated with age, measurement of biological age with methylation and epigenetic clocks, physiological biomarkers of functional capacity, organ reserve and health status. Clinical interventions featured include those that modulate biomarkers of biological ageing, support cellular health, delaying aging processes, reverse disease and optimise health.

Promoting healthy ageing through evidence-based strategies that are predictive, preventative, and personalised is a major priority. The NMI Summit 2026 features advances from thought leaders that are revolutionising the way we understand healthy ageing and empowers you with the latest knowledge and insights in a way that informs personalised clinical practice and optimises mental and physical health now, and as we age.

[See the full event here](#)