

Phytochemicals in Anti-Ageing and the Longevity Era

Thursday, October 29th 2026

4:00–5:00 p.m. (UTC+01:00)

Program & Speakers

Targeting hallmarks of ageing by natural compounds

Prof. Dr. Milen I. Georgiev

Bulgarian Academy of Sciences

milengeorgiev@gbg.bg

Recharging mitochondrial resilience: an adaptogenic approach to healthy ageing

Dr. Monika N. Todorova

Bulgarian Academy of Sciences

mntodorova@cpsbb.eu



Chaired by: Krystyna Skalicka-Wozniak, Simon-Vlad Luca

Free Participation –

Registration Required

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