

INVITATION
STRESS CONGRESS 2025 – “Stress, Mental Health and Longevity”
October 9–10, 2025, Palace of Parliament – C.A. Rosetti Hall
– hybrid edition –

We are pleased to invite you to register and participate in the **8th edition** of the **Stress Congress**, with the theme: **“Stress, Mental Health and Longevity,”** which will take place on **October 9–10, 2025**. The Congress Chair is Prof. Luiza Spiru, M.D., Ph.D., “Carol Davila” University of Medicine and Pharmacy, Bucharest.

Stress Congress 2025 is a national event with international participation, organized under the **High Patronage of the “Carol Davila” University of Medicine and Pharmacy, Bucharest**, in partnership with the **Ana Aslan International Foundation**.

The event will take place at the **Palace of Parliament, C.A. Rosetti Hall**, and will also offer the option of online participation. It is addressed to physicians, students, pharmacists, nurses, and all those interested in this field.

The Congress will ensure an interdisciplinary approach to stress, with a comprehensive, high-level program for physicians and researchers, including topics such as precision medicine, longevity medicine, stress induced by the digital and AI (Artificial Intelligence) environment, techniques for stress prevention and reduction, innovative technologies and active aging, stress in the context of modern society, as well as alternative perspectives on the causes and management of stress.

Stress Congress 2025 features a complex, high-quality program with over 50 speakers from various specialties and fields of expertise, including renowned names in Romanian medicine (**Prof. Viorel Jinga, M.D., Ph.D., Rector, “Carol Davila” University of Medicine and Pharmacy, Bucharest; Prof. Luiza Spiru, M.D., Ph.D., “Carol Davila” University of Medicine and Pharmacy, Bucharest; Prof. Adrian Streinu-Cercel, M.D., Ph.D., Member of the Romanian Senate; Assoc. Prof. Radu Ciprian Țincu, M.D., Ph.D., etc.**), as well as leading international experts (**Prof. Dominik Thor, Switzerland; Prof. Nick Guldemon, M.D., Ph.D., Netherlands; Prof. Michel Deriaz, M.D., Switzerland; Prof. Steven Slan, M.D., USA, etc.**).

Participation in the STRESS CONGRESS means:

- 2 days of congress with highly relevant presentations of the highest scientific level;
- Over 50 Romanian and international speakers from various specialties and fields of expertise;
- Certificate confirming professional credits for physicians (under accreditation) and for nurses (under accreditation);
- Certificate of participation for students;
- An interdisciplinary approach to stress;
- Correlation between medicine, psychology, scientific research, innovation, and digitalization;
- National and European-level updates in the field, solutions, and exchange of best practices.

The Congress Chair is Prof. Luiza Spiru, M.D., Ph.D., “Carol Davila” University of Medicine and Pharmacy, Bucharest, who extended the invitation:

"This year, it is my great pleasure to invite you to the 8th edition of the Stress Congress, a hybrid event that will take place at the Palace of Parliament – C.A. Rosetti Hall, Bucharest, on October 9–10, 2025.

The theme of this year's edition will be 'Stress, Mental Health and Longevity.'

The entire team of the Ana Aslan International Foundation, under the High Patronage of the 'Carol Davila' University of Medicine and Pharmacy, Bucharest, awaits you this year for two intense days of debates, discussions, and the exploration of new paradigms.

We will approach stress as a natural component of our lives, one that we must learn to transform from an enemy into a partner."

You can find the program at the following link: <https://stresscongress.org/#program> .

We look forward to welcoming you to Stress Congress 2025!

We thank the partners of Stress Congress 2025:

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With best regards,

Luiza SPIRU MD, PhD
Chair Stress Congress 2025

Professor of Geriatrics, Gerontology, Old Age Psychiatry and Longevity Medicine
"Carol Davila" University of Medicine and Pharmacy
Saint Luca's Clinical Hospital
Faculty, Geneva College of Longevity Science (www.gcls.study)
Faculty, Geneva School of Business Administration,
University of Applied Sciences of Western Switzerland
(www.hesge.ch)
World EWA (European Women's Association) Ambassador
www.EuropeanWomenAssociation.com
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(www.anaaslanacademy.ro)
Excellence Memory Center , Brain Health, and Longevity Medicine
Stress Congress Chair
(www.stresscongress.org)
EADC (European Alzheimer's Disease Consortium) National
Representative <https://eadc.online/>
EPMA - National Representative <http://www.epmanet.eu>
2023-2027: CA 22103 "Net4Brain"- COST Action CA 22103 – Co-
National Manager for Romania

