

## **Welcome Message from the Congress Chair – Stress Congress 2025**

Dear Health and Medical Excellence Professionals,

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, looks forward to welcoming you this year for two intense days of debates, discussions, and 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.

### **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](http://www.gcls.study))

Faculty, Geneva School of Business Administration,

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World EWA (European Women's Association) Ambassador [www.EuropeanWomenAssociation.com](http://www.EuropeanWomenAssociation.com)

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Excellence Memory Center, Brain Health, and Longevity Medicine

Stress Congress Chair

([www.stresscongress.org](http://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