



INVITATION

STRESS CONGRESS 2026 – "Brain • Heart • Longevity Healthspan"

7–8 October 2026, Constanța Casino

– hybrid edition –

We are delighted to invite you to attend the 9th edition of the Stress Congress, which will take place on 7–8 October 2026 at the Constanța Casino, under the scientific coordination of Prof. Dr. Luiza Spiru from the "Carol Davila" University of Medicine and Pharmacy, Bucharest.

Stress Congress 2026, the 9th edition, is a national event with international participation, dedicated to doctors, junior doctors, psychologists, pharmacists, nursing staff, researchers, students and all professionals interested in health, prevention and longevity. The congress takes an interdisciplinary approach to the impact of stress on health and longevity.

This year's edition will take place at **the Constanța Casino from 7 to 8 October 2026, in a hybrid format (in-person and online)**, under the auspices of **the "Carol Davila" University of Medicine and Pharmacy "Carol Davila", Bucharest**, and is organised by **the "Ana Aslan International" Foundation**, in collaboration with **"Ovidius" University Constanța** and **the Geneva College of Longevity Science (GCLS)**.

This year's theme focuses on the profound relationship between brain health and cardiovascular health, two essential components of the longevity healthspan. In an era marked by chronic stress, rapid social change and unprecedented technological developments, medicine is called upon to address not only the challenges relating to lifespan, but also those concerning the quality of life.

The scientific program will address specific issues such as brain health and the prevention of cognitive decline, cardiovascular health, longevity medicine, personalised medicine, the impact of stress on the body, artificial intelligence and new technologies in healthcare, as well as modern strategies for prevention and the promotion of a healthy lifestyle.

STRESS CONGRESS® 2026 will bring together over 50 Romanian and international speakers, opinion leaders and recognized experts in their respective fields, offering participants the opportunity to interact directly with leading figures in medicine, research and innovation in healthcare.

Participation in STRESS CONGRESS® 2026 includes:

- access to two days of multidisciplinary scientific sessions and topical debates;
- over 50 Romanian and international speakers;
- opportunities for networking and exchanging experiences;
- access to the latest information and trends in the field of longevity and preventive medicine;
- a certificate of attendance;
- EMC credits for doctors and OAMGMAMR credits for nursing staff (pending accreditation).

The scientific programme is currently being finalised and will be published shortly on the congress website.

Registration is open at:

<https://stresscongress.org/inscrieri/>

We invite you to be part of a community dedicated to excellence, interdisciplinary dialogue and modern medicine, centred on prevention and quality of life.

We look forward to seeing you at the Stress Congress 2026!

With warm regards,



Prof. Luiza SPIRU, PhD

**President of
STRESS
CONGRESS® 2026**

A handwritten signature in black ink that reads "L. Spiru".

Professor, Department of Geriatrics and Gerontology II, "Carol Davila" University of Medicine and Pharmacy, Bucharest

"Sfântul Luca" Clinical Hospital

Director of Doctoral (PhD) Programmes in Longevity Sciences and Visiting Professor, Geneva College of Longevity Science (www.gcls.study)

Visiting Professor, Geneva School of Business Administration, University of Applied Sciences Western Switzerland (www.hesge.ch)

President of the "Ana Aslan International" Foundation

Centre of Excellence in Memory, Brain Health and Longevity Medicine National

Representative for the EADC (European Alzheimer's Disease Consortium) (<https://eadc.online/>)
EPMA – National Representative (www.epmanet.eu)

2023–2027: CA 22103 "Net4Brain" – Co-National Manager for Romania

Global Ambassador for EWA (European Women's Association)

www.EuropeanWomenAssociation.org