



**BRAIN
SPACE**



BrainSpace House – Step Inside Your Brain. Discover How to Live Better, Longer.

From May 20 to 23, 2026, Piazza XXV Aprile in Milan will host BrainSpace House: a free, immersive installation open to the public, dedicated to exploring the brain and how to care for it.

Through virtual reality experiences for adults, augmented reality for younger visitors, and interactive activities, BrainSpace House brings science to life—making it engaging, accessible, and tangible for everyone. ma la scienza in qualcosa di vivo, accessibile e coinvolgente.

BrainSpace Talks – Putting the Brain at the Center of Longevity

The brain is at the core of who we are: it shapes our thoughts, drives our emotions, and guides our decisions. Yet too often, we only pay attention to it when something goes wrong.

The BrainSpace Talks, part of the Milan Longevity Summit 2026, are designed to shift that perspective—taking brain health beyond clinical settings and bringing it closer to everyday life, in a way that is clear, practical, and relevant.

Featuring leading scientific and clinical experts from Milan, this series of talks guides the audience through every stage of life—from childhood to adulthood to later years—exploring how the brain evolves, adapts, and can be protected over time.

Because caring for the brain is not only about treating disease. It’s about prevention, awareness, and building the conditions to live better, longer—while safeguarding our future.



20 May



How the Brain Works... and When It Doesn't

6:30 – 7:15 PM
Piazza XXV Aprile, Milano

A guided journey into how the brain really works—where scientific insight meets curiosity and the latest in neuroscience innovation.

From its extraordinary ability to adapt to the underlying mechanisms behind neurological disorders, this session unpacks the brain in a way that is both accessible and grounded in real science. An opportunity to better understand one of the most complex organs we have—and what it takes to protect it and keep it healthy over time.

Speakers:
Giuseppe Lauria Pinter – Director, Clinical Neurosciences Department; Head of Neurology 1 – Parkinson's & Movement Disorders, Fondazione IRCCS Istituto Neurologico Carlo Besta
Roberto Eleopra – Director, Department of Clinical Neurosciences - Fondazione IRCCS Istituto Neurologico Carlo Besta

Moderator:- **Alessandra Tropiano** – TV presenter, Sky TG24

21 May



Living with Neurological Disease: From Diagnosis to Daily Life

A conversation focused on understanding neurological diseases—bringing clarity to why prevention and early diagnosis are critical for long-term brain health.

Through expert perspectives, the session explores the most common neurological conditions, with a deeper focus on neurodegenerative diseases, particularly Parkinson's, and their clinical and motor impact.

Adding a powerful human dimension, the discussion will include a first-hand account from a person living with Parkinson's and their caregiver, offering an honest look at the everyday realities, challenges, and resilience behind the condition.

Speakers:
Massimo Filippi – Director of Neurology, Neurophysiology Service, and Neurorehabilitation Unit, IRCCS Ospedale San Raffaele
Federica Agosta – Associate Professor of Neurology, Università Vita-Salute San Raffaele

Moderator: **Raffaella Cesaroni** – Journalist, Sky TG24

23 May



Adolescents & Mental Health: When Distress Becomes Disorder

3:30 – 4:15 PM
Piazza XXV Aprile, Milano

More and more adolescents today are experiencing forms of psychological distress that often go unseen or unrecognized. Talking about mental health means building awareness, breaking stigma, and learning to recognize early warning signs before they escalate. Timely intervention is essential to prevent distress from developing into more serious conditions.

This session explores the mental health landscape among young people, with a particular focus on eating disorders—offering practical insights, clinical perspectives, and tools to better understand and support adolescents in difficulty.

- Speakers:
- Leonardo Mendolicchio** – Psychiatrist, Director of the Eating Disorders Center, Istituti Auxologici Italiani
 - Angelo Bertani** – Director, Departmental Unit, ASST Santi Paolo e Carlo
 - Laura Giordano** – Pediatrician, Head of Eating & Nutrition Disorders Unit, ASST Fatebenefratelli Sacco
 - Lara Malvini** – Psychiatrist, Department of Mental Health & Addiction Services, ASST Grande Ospedale Metropolitano Niguarda

Moderator: **Raffaella Cesaroni** – Journalist, Sky TG24



Mental Health Doesn’t Happen by Chance: Trajectories, Risks, and Protections Across Life

4:30 – 5:15 PM
Piazza XXV Aprile, Milano

Mental health is not fixed—it is shaped over time by our experiences, relationships, lifestyles, and overall health conditions. At every stage of life, different factors can either increase vulnerability or act as protective forces that help sustain our mental balance.

This session looks at mental health across the full life course—from youth to adulthood to later years—offering practical ways to recognize early signs of fragility and better understand how to support and maintain mental wellbeing over time.

- Speakers:
- Armando D’Agostino** – Director of Psychiatry, ASST Santi Paolo e Carlo
 - Caterina A. Viganò** – Associate Professor of Psychiatry, Università degli Studi di Milano; Head of Rehabilitation Centers Unit, ASST Fatebenefratelli Sacco
 - Alessandro Pigoni** – MD, PhD, Fondazione IRCCS Ca’ Granda Ospedale Maggiore Policlinico

Moderator: **Raffaella Cesaroni** – Journalist, Sky TG24

23 May



Adolescents & Mental Health: When Distress Becomes Disorder

3:30 – 4:15 PM
Piazza XXV Aprile, Milano

More and more adolescents today are experiencing forms of psychological distress that often go unseen or unrecognized. Talking about mental health means building awareness, breaking stigma, and learning to recognize early warning signs before they escalate. Timely intervention is essential to prevent distress from developing into more serious conditions.

This session explores the mental health landscape among young people, with a particular focus on eating disorders—offering practical insights, clinical perspectives, and tools to better understand and support adolescents in difficulty.

- Speakers:
- Leonardo Mendolicchio** – Psychiatrist, Director of the Eating Disorders Center, Istituti Auxologici Italiani
 - Angelo Bertani** – Director, Departmental Unit, ASST Santi Paolo e Carlo
 - Laura Giordano** – Pediatrician, Head of Eating & Nutrition Disorders Unit, ASST Fatebenefratelli Sacco
 - Lara Malvini** – Psychiatrist, Department of Mental Health & Addiction Services, ASST Grande Ospedale Metropolitano Niguarda

Moderator: **Raffaella Cesaroni** – Journalist, Sky TG24



Mental Health Doesn’t Happen by Chance: Trajectories, Risks, and Protections Across Life

4:30 – 5:15 PM
Piazza XXV Aprile, Milano

Mental health is not fixed—it is shaped over time by our experiences, relationships, lifestyles, and overall health conditions. At every stage of life, different factors can either increase vulnerability or act as protective forces that help sustain our mental balance.

This session looks at mental health across the full life course—from youth to adulthood to later years—offering practical ways to recognize early signs of fragility and better understand how to support and maintain mental wellbeing over time.

- Speakers:
- Armando D’Agostino** – Director of Psychiatry, ASST Santi Paolo e Carlo
 - Caterina A. Viganò** – Associate Professor of Psychiatry, Università degli Studi di Milano; Head of Rehabilitation Centers Unit, ASST Fatebenefratelli Sacco
 - Alessandro Pigoni** – MD, PhD, Fondazione IRCCS Ca’ Granda Ospedale Maggiore Policlinico

Moderator: **Raffaella Cesaroni** – Journalist, Sky TG24

23 May



How the Brain Perceives Pain: Understanding and Managing Migraine

5:30 – 6:15 PM
Piazza XXV Aprile, Milano

Pain is not just a symptom—it’s a complex experience shaped by the brain, where biological, emotional, and cognitive processes intersect. Migraine, often dismissed as a “simple headache,” is in fact a serious neurological condition with a profound impact on quality of life.

This session unpacks how migraine works, helping participants recognize its early signals and approach it with greater awareness. Alongside clinical insights, the discussion also explores practical strategies—including mindfulness—to better manage symptoms and improve daily life.

Speakers:
Carla Zanferrari – Director of Neurology and Stroke Unit, Ospedale San Carlo
Licia Grazzi – Head of Headache Center, Fondazione IRCCS Istituto Neurologico Carlo Besta
Roberta Messina – Head of Headache and Facial Pain Center, IRCCS Ospedale San Raffaele

Moderator: **Raffaella Cesaroni** – Journalist, Sky TG24



Motherhood & Mental Health: Caring for Women to Care for Life

6:30 – 7:15 PM
Piazza XXV Aprile, Milano

Motherhood is a profound transition—one that can bring both deep emotional richness and, at times, vulnerability. Mental health during the perinatal period remains too often overlooked, yet early recognition of distress is essential to ensure timely support and prevention.

This session explores the realities of perinatal mental health, from the most common conditions to the critical role of care networks. Bringing together clinical expertise and frontline experience, it highlights the importance of integrated, multidisciplinary approaches to support women through a journey of care, resilience, and wellbeing.

Speakers:
Mauro Percudani – Director, Department of Mental Health & Addiction Services, ASST Grande Ospedale Metropolitano Niguarda
Alessandra Puzzeni – Psychologist & Psychotherapist, Perinatal Mental Health Clinic, ASST Grande Ospedale Metropolitano Niguarda
Beatrice Allegri – Psychologist & Psychotherapist, Perinatal Mental Health Clinic, ASST Grande Ospedale Metropolitano Niguarda
Mariachiara Zecchin – Midwife, Head of Maternal & Child Department (DAPSS), ASST Grande Ospedale Metropolitano Niguarda

Moderator: **Raffaella Cesaroni** – Journalist, Sky TG24

Free entry, open to the public.
Registration is not required, but recommended.
For registration and more information:

EVENTBRITE



THANK YOU

Discover more: milanlongevitysummit.org

