Organized by: LION HUYNH TRAN

DA NANG LONGEVITY SUMMIT 2026

Official 2-Day Executive Agenda • Evidence-Based Healthy Ageing & Longevity Medicine

13 & 14 NOVEMBER 2026 • **Day 1:** Furama Resort Danang • **Day 2:** Fusion Resort & Villas Da Nang

CO-HOST: DNFIN | CO-ORGANIZER: Evo | VENUES:

DAY 1 • MORNING • FURAMA RESORT DANANG

Theme: Understanding Human Longevity | Scientific Congress

TIME	FORMAT	SESSION & TOPIC DESCRIPTION	FEATURED FACULTY & SPEAKERS
08:00 – 08:20	WELCOME	**Registration, Wellness light breakfast & Networking**	**Organizing Committee, Faculty & All Delegates**
08:20 – 08:30	SOUND BATH	**Morning Centering & Mindful Awakening**	**V-Senses Wellness & Spa** Session Host
08:30 – 08:45	OPENING REMARKS	**Opening Address by Da Nang City Leadership** Welcome and opening address by the Leadership of Da Nang City.	**Mrs. NGUYEN THI ANH THI** Vice Chairwoman | The People's Committee of Da Nang City
08:45 – 09:30	OPENING KEYNOTE	**Overcoming Resistance to Robust Exercise for the Prevention and Treatment of Frailty: Rationale and Recommendations**	**Prof. Maria Antoinette Fiatarone Singh AM, MD, FGSA, FRACP** Geriatrician, Professor of Exercise and Sport Science | University of Sydney
09:30 – 10:00	FIELD TALK	**From Biology to Better Living** What Does the Science of Healthy Aging Mean for How We Live, Work and Manage Our Health?	Mod **Mr. Bao Tran** Senior Advisor, Asian Hospital & Healthcare Management **Dr. Suwanna Suwannaphong** Program Director, VitalLife Scientific Wellness Center **MSc. Dang Nguyen Hoang** Head of Thoracic Vascular Surgery, Vinh Duc General Hospital
10:00 – 10:30	EXPERT BRIEFING	**Measuring What Matters** Biological Age, Aging Biomarkers & the Challenge of Measuring Healthy Aging	**Dr. Suwimol Pechlert** Board-Certified Internal Medicine Physician / Longevity Medicine Consultant
10:30 – 10:45	BREAK	**Coffee Break**	—
10:45 – 11:15	SPOTLIGHT	**Women & Healthy Longevity** Menopause as a Turning Point in Healthspan	**Dr. TSIN UIN FOONG** Co-Founder & Chief Medical Officer | Osler Health International
11:15 – 12:00	INDUSTRY CONVERSATION	**The New Wellness Economy: From Products to Experiences** How Technology, Recovery, Care & Personalisation Are Changing the Way We Experience Health	Mod **Mr. Francis Nguyen** CEO, OneMedic **Mr. Nathan Nguyen** Chairman, MedAmor **Dr. Simon Yefimov, MD** Medical Advisor, ĀRCA Wellness **Mr. Suebpong (Paul) Charoenmechaikul** Board Member, Aetria Health (ArokaLiving)
12:00 – 12:15	RESET BY ARCA	**RESET by ARCA**	**ĀRCA Wellness & Longevity** Session Host & Faculty Delegates
12:15 – 13:15	LUNCH	**Wellness Executive Luncheon** Curated longevity Luncheon for VIP guests; culinary zone and networking open for general delegates in the Exhibition Area	—

DAY 1 • AFTERNOON • FURAMA RESORT DANANG

Theme: From Evidence to Impact | Clinical Translation & Strategic Dialogue

TIME	FORMAT	SESSION & TOPIC DESCRIPTION	FEATURED FACULTY & SPEAKERS
13:15 – 13:45	CASE STUDY	**Building Asia's Next Health & Longevity Destinations** Lessons from Phuket and Opportunities for Da Nang	**David Boucher** Executive Brand Ambassador & Former CEO, Bumrungrad Phuket
13:45 – 14:15	SCIENTIFIC SESSION	**Bridging the Lifespan–Healthspan Gap with Lifestyle Medicine** How Evidence-Based Lifestyle Interventions Address the Root Causes of Chronic Disease and Accelerate Healthspan	**Dr. Sivaneswaran Poobalasingam MD, Dip IBLM, FIBLM** Chair, Advisory Board, Lifestyle Medicine Global Alliance
14:15 – 14:45	SCIENTIFIC SESSION	**Muscle Health & Exercise: Building Lifelong Strength and Functional Independence** Sarcopenia, Metabolic Resilience & Exercise Prescription for Longevity	**Mr. Maik Berger** Founder & CEO, Evo High Tech Sports Vietnam

TIME	FORMAT	SESSION & TOPIC DESCRIPTION	FEATURED FACULTY & SPEAKERS
14:45 – 15:30	EXPERT PANEL	**What Actually Works for Healthy Longevity?** What Should We Believe, Do, and STOP Doing? Themes: Biology, Measurement, Lifestyle, Intervention, Outcomes	Mod **Mr. Mario Mendis** Chief Delegate, Eurocham Central Vietnam; General Manager, Fusion Resort & Villas Da Nang **Dr. Sivaneswaran Poobalasingam MD, Dip IBLM, FIBLM** Chair, Advisory Board, Lifestyle Medicine Global Alliance **Dr. Loren Mason Cobb** Chairman, Golden Sunrise Senior Life **Dr. TSIN UIN FOONG** Co-Founder & Chief Medical Officer, Osler Health International
15:30 – 16:15	EXPERT CONVERSATION	**Healthy Brain, Healthy Metabolism** From Risk to Resilience — What Can We Do Earlier? Metabolic and cognitive risk addressing precision biomarkers and lifestyle interventions	Mod **Dr. Thuy Le** Founder, Da Nang Chiropractic Clinic **Dr. Huu Trung Quach, MD, PhD** Hospital Director, Vinmec Da Nang International Hospital **Mr. Boon Shing Tan** Chief Technology and Data Officer, AGTC Genomics **Ms. Libby Heath** WellthWise Columnist, The Phuket News | Mayo Clinic Certified Health Coach **Dr. The Than, MD, PhD** President, Vietnam Palliative Health Care Society
16:15 – 17:00	LEADERSHIP FORUM	**Building Asia's Next Healthy Longevity Destination: Can Da Nang Lead the Future?** Aligning government policy, healthcare ecosystems, academic research, venture capital, and hospitality infrastructure	Mod **Mr. Bao Tran** Senior Advisor, Asian Hospital & Healthcare Management **Dr. Huu Trung Quach, MD, PhD** Hospital Director, Vinmec Da Nang International Hospital **Dr. Truong Nguyen Thoai Nhan, MD, Specialist Level II** Director, Hoan My Da Nang Hospital **Mr. Oscar Njuguna** Director of Membership Board, VIFC Da Nang **Mr. Nguyen Manh Cuong** Associate Director, Daiwa Corporate Investment
17:00 – 17:30	CLOSING KEYNOTE	**The Future of Healthcare: From Treating Disease to Protecting Healthspan** How Health Systems Must Evolve for an Aging Population	**Dr. Faizal Kassim** Group Chief Medical Officer, Hoan My Medical Corporation
17:30 – 17:45	CLOSING	**Summit Closing & Key Takeaways** Summary of key scientific findings, strategic initiatives and closing remarks	**Summit Leadership & Organizing Committee**
18:00	VVIP EXCLUSIVE	**VVIP Reception Networking** By invitation only	**Keynote Speakers, C-Suite Leaders & VVIP Business Delegates**

DAY 2 • LONGEVITY EXPERIENCE ZONE • FUSION RESORT & VILLAS DA NANG

Theme: Practical Longevity in Action | Hosted by Fusion Resort & Evo Vietnam

TIME	SESSION	DAY 2 EXPERIENCE MODULES • CONCURRENT TRACKS (CHOOSE ONE PER SESSION)
06:30 – 15:30	ALL-DAY DROP-IN	**ALL-DAY DROP-IN: REDWELL RESET LOUNGE ✦ RED LIGHT THERAPY** — Lobby — 6 seats — • Led by: Redwell Open all day in the lobby, outside the session programme. 6 seated positions, short 10–15 min experiences. Walk-ins welcome, no advance booking required.
06:30 – 07:00	SESSION 1	**SUNRISE MOVEMENT** — CHOOSE 1 TRACK **TRACK A** — 25 pax **Sunrise Movement** Beach *Mindful Movement & Morning Activation* A gentle sunrise session to awaken the body, improve mobility and set the tone for a healthy day. **Led by: Fusion** **TRACK B** — 25 pax **Morning Mindfulness Walk** Beach *Mindful Walking & Nature Connection* A guided morning walk encouraging mindfulness, presence and connection with nature. **Led by: Maik / Fusion Master**
07:15 – 08:00	SESSION 2	**MORNING WELLNESS ACTIVITIES** — CHOOSE 1 TRACK **TRACK A** — 35 pax **White Tiger Qigong for Longevity** Gallery *Ancient Qigong + neuroscience, sports science & fascia training* Standing movement and breath to release deep tension, calm the nervous system and build a strong, supple spine for life. **Led by: Master Instructor Tevia Feng** **TRACK B** — 15 pax **Yoga by Fusion** Yoga Room *Strength, mobility & functional fitness* A practical movement session focusing on strength, mobility and functional fitness. **Led by: Fusion Master**
08:00 – 09:00	BREAKFAST	**HEALTHY BREAKFAST AT FUSION** — Biscuit — 50 pax — • Led by: Fusion team A healthy breakfast featuring nutritious, locally inspired options. Nourishment for Longevity.
09:00 – 09:45	SESSION 3	**LONGEVITY IN ACTION** — CHOOSE 1 TRACK **TRACK A** — 25 pax **Functional Mobility & Healthy Ageing (Mat Pilates)** Gallery *Movement, Mobility & Functional Independence* Explores how mobility, strength and functional movement contribute to healthy ageing. **Led by: Evo** **TRACK B** — 20 pax **Longevity Assessment** Gym / Yoga Room *Know Your Body. Understand Your Health.* An experiential assessment introducing practical ways to understand your current health, wellness and longevity indicators. **Led by: Evo + VALD**
10:00 – 10:45	SESSION 4	**STRENGTH, PERFORMANCE & LONGEVITY** — CHOOSE 1 TRACK **TRACK A** — 20 pax **Longevity Assessment (Strength & Performance for Healthy Ageing)** Yoga Room / Gym *Know Your Body. Understand Your Health.* Explores the role of strength, balance and physical performance throughout the ageing journey. **Led by: Evo + VALD** **TRACK B** — 25 pax **Journey in Asia (Fusion Yoga Therapy)** Gallery *A practical experience of movement, performance and healthy ageing in the Asian context* A practical experience of movement, performance and healthy ageing in the Asian context. **Led by: Fusion Master**
11:00 – 11:30	SESSION 5	**BODY RECOVERY & RESTORATION** — CHOOSE 1 TRACK **TRACK A** — 25 pax **Body Recovery & Restoration (Sound Healing & Floating)** Indoor pool *Hands-on recovery: sound healing and floating, focusing on mobility, balance and physical restoration* Hands-on recovery: sound healing and floating, focusing on mobility, balance and physical restoration. **Led by: Fusion Master** **TRACK B** — 15 pax **Mind–Body Recovery (Aerial Yoga)** Yoga Room *Relaxation, Body Awareness & Restoration* A restorative experience exploring relaxation, body awareness and recovery. **Led by: Redwell**

TIME	SESSION	DAY 2 EXPERIENCE MODULES • CONCURRENT TRACKS (CHOOSE ONE PER SESSION)
11:30 – 13:00	HEALTHY LUNCH	**HEALTHY LUNCH** 📍 Fresh restaurant · 50 pax · • Led by: Fusion Executive Chef Balanced nutrition and mindful eating. Nourishment for Longevity.
13:00 – 13:30	SESSION 6	**LONGEVITY RECOVERY EXPERIENCE** — CHOOSE 1 TRACK **TRACK A** · 25 pax **Body Recovery & Restoration (Sound Healing & Floating)** 📍 Pool *Warmth, circulation & weightless rest* Warm water / thermal environments to relax muscles, boost circulation and lower stress; flotation uses floating boards for weightless rest. **Led by: Fusion Master** **TRACK B** · 15 pax **Movements, Mobility & Stretching** 📍 Yoga Room *Learn the Difference Between Stretching and Mobility* Experience how to improve your joint health, loosen tight muscles, and move with better strength and control. **Led by: Maik & Evo**
13:45 – 14:15	SESSION 7	**RECOVERY SCIENCE LAB** — CHOOSE 1 TRACK **TRACK A** · 15 pax **Movement Mobility Stretching** 📍 Yoga Room *Learn the Difference Between Stretching and Mobility* Experience how to improve your joint health, loosen tight muscles, and move with better strength and control. **Led by: Maik & Evo** **TRACK B** · 25 pax **Sleep & Restoration (Sound Healing & Floating)** 📍 Pool *Rest as a Foundation of Longevity* Practical session on sleep, relaxation and restoration as foundations of healthy ageing. **Led by: Fusion**
14:30 – 15:00	SESSION 8	**BREATHWORK & RESET** — CHOOSE 1 TRACK **TRACK A** · 20 pax **Immersive Breathwork & Reset** 📍 Redwell Therapy Lounge *Breath + red light: Reset the Nervous System* Guided breathwork under red light therapy panels – the day's signature recovery experience. **Led by: Sanjay (Redwell) • In collab with Lazy Club** **TRACK B** · 20 pax **Breathwork & Mindfulness** 📍 Yoga Room *Breathing, Presence & Nervous-System Regulation* A guided experience of breath, mindfulness and relaxation. **Led by: Fusion Master • In collab with Get Juicy**
15:00 – 15:30	REFLECTION & CLOSING	**FROM LONGEVITY SCIENCE TO EVERYDAY LIVING** 📍 Biscuit · 50 pax · • Led by: Master Fusion (Body & Mind) A short closing reflection connecting the day's experiences with everyday life. Movement • Recovery • Nutrition • Mindfulness • Healthy Ageing.