

26.08.2026

Program of NuGO week 2026 “Healthy Aging through Diet” and Welcome 2 conference “Nutrigenomics for Lifelong Health”

Monday 31.8.2026

13.00-15.00: Registration (at Aula)

15.00-19.00: **Session 1: Emerging Science in Life Course Nutrition** (at Aula)

Session Chairs: **Karl-Heinz Herzig** (Oulu, FI)/ **Baukje De Roos** (Aberdeen, UK)

15.00-15.10: Welcome by **Sylwia Rembiszewska-Piątek**, Deputy Mayor of Olsztyn

15.10-15.50: KEYNOTE LECTURE: **Ferdinand von Meyenn** (Zürich, CH): Epigenetics: long-term cellular memory shaping health

15.50-16.30: KEYNOTE LECTURE: **Matteo Cesari** (WHO): From geroscience to function: how nutrition shapes intrinsic capacity and frailty across the life course **(online!)**

16.30-16.50: Coffee break

16.50-17.05: **Tatiana Marques** (Örebro, SE): New NuGO member presentation

17.05-17.20: **Claudia Favari** (Parma, IT): New NuGO member presentation

17.20-17.40: **Eunike Velleuer** (Düsseldorf, DE): Fanconi Anemia: A Nutrigenomic Stress Test for Human Aging

17.40-18.00: **Suzan Wopereis** (Leiden, NL): Multi-study analysis reveals dynamic postprandial biomarkers for metabolic syndrome by low-level fusion of multi-platform data from nutritional challenge test studies

18.00-18.20: **Thomas Agius** (Zürich, CH): Benchmarking EU and US plant-based meat analogs against the nutrient needs of an aging population

18.20-18.40: **Keeva Loughlin** (Wageningen, NL): Relations between diet and biomarkers of aging in middle-aged to older adults: an explorative cross-sectional analysis among three European cohorts

18.40-19.00: **Heli Viljakainen** (Helsinki, FI): Average-increasing BMI trajectory in adolescence associates with multimorbidity

19.00-20.00: **City Tour** (ending at Warmia Brewery)

20.00-22.00: **Welcome Reception at Warmia Brewery**

Tuesday 1.9.2026

9.00-12.00: **Session 2: Nutrigenomics of Health and Disease** (at Aula)

Session Chairs: **Annalisa Terranegra** (Doha, QA) / **Lars-Oliver Klotz** (Jena, DE)

9.00-9.40: KEYNOTE LECTURE: **Jan Hoeijmakers** (Utrecht, NL / Cologne, DE): DNA damage at the basis of cancer and aging: the surprising impact of nutrition and gene length

9.40-10.20: KEYNOTE LECTURE: **Elina Sillanpää** (Jyväskylä, FI): Gene-lifestyle interactions in healthy aging

10.20-10.40: Coffee break

10.40-11.00: **Priman Fau** (Olsztyn, PL): Temporal Hierarchy of Vitamin D Signaling: VDR-Centered Chromatin Dynamics Drive Immune Nutrigenomic Responses

11.00-11.20: **Mirko Treccani** (Parma, IT): Genetic risk signatures in phenolic metabolotypes for cardiometabolic health and disease: unravelling genomic complexity from GWAS and PGS

11.20-11.40: **Lucia Ghiretti** (Parma, IT): Multi-Omics Integration to Characterize Inter-individual Variability in Dietary (Poly)phenol Metabolism

11.40-12.00: **Chiara Rucci** (Camerino, IT): Molecular signatures of cellular senescence and their modulation by an in vitro-derived apple callus extract

12.00-14.00: Lunch and Poster session 1 (at Aula)

14.00-17.30: **Session 3: Microbiome Dynamics in Healthy Aging** (at Aula)

Session Chairs: **Agata Chmurzyńska** (Poznań, PL) / **Lorraine Brennan** (Dublin, IE)

14.00-14.40: KEYNOTE LECTURE: **Patrick Veiga** (Paris, FR): The French Gut Project: Exploring Gut Microbiome, Diet, and Health Across the Lifespan

14.40-15.20: KEYNOTE LECTURE: **Katarzyna Winek** (Jena, D): The gut-brain axis through the lens of ischemic stroke - microbiome signatures and host responses

15.20-15.40: Coffee break

15.40-16.00: **Federico Ansaloni** (Zürich, CH): Hard-wired or acquired? Epigenetic and transcriptional profiling of Lgr5⁺ intestinal stem cells along the mammalian intestine

16.00-16.20: **Pedro Cardenas Canto** (Norwich, UK): Responders vs Non-Responders: Uncovering Individual Glucose Response Patterns to Dietary Bioactive Compounds

16.20-16.40: **Axel Baumann** (Tarragona, ES): Bitter Taste Receptor (Tas2r) Agonists Modulate Gut Hormones and Metabolic Markers in Aged Rats

16.40-17.00: **Marc Beltrán-Fernández** (Tarragona, ES): Bitter taste receptor agonists modulate intestinal dysfunction in aged rats under dietary stress

17.00-17.20: **Jens Verbeeren** (Helsinki, FI): Habitual coffee consumption and longitudinal NMR metabolite trajectories in an aging Finnish cohort

17.20-17.30: **Laura Bordoni** (Camerino, IT): ECN presentation

From 17:30: **Two Networking Events**

- Annual ECN Networking Event (primarily for early career researchers)
- PI Networking Event

Wednesday 2.9.2026

9.00-12.00: **Session 4: Aging Clocks in Metabolic Disorders** (at Aula)
Session Chairs: **Rosita Gabbianelli** (Camerino, IT) / **Hristo Ivanov** (Plovdiv, BG)

9.00-9.40: KEYNOTE LECTURE: **Heike Bischoff-Ferrari** (Basel, CH): Learnings from DO-HEALTH and VITAL: vitamin D and omega-3 benefits on the 3 metrics of aging (**online!**)

9.40-10.20: KEYNOTE LECTURE: **Ewelina Pośpiech** (Szczecin, PL): Rethinking aging: epigenetic clocks for quantifying biological age and lifestyle & nutrition effects

10.20-10.40: Coffee break

10.40-11.00: **Emilia Gospodarska** (Olsztyn, PL): Decoding Individual Responses to Calorie Restriction: PBMC Multi-Omics Reveals Immune-Metabolic Reprogramming for Precision Nutrition

11.00-11.20: **Chanachai Sae-Lee** (Bangkok, TH): Differential Effects of Vitamin Supplementation on DNA Methylation-Based Biological Age and Functional Outcomes in Aging Adults

11.20-11.40: **Anna Kipp** (Jena, DE): Trace element supply and status in old age with a focus on zinc, selenium and copper

11.40-12.00: **Alice Ricco** (Amsterdam, NL): Association of plant-based protein intake with epigenetic age deceleration in the Netherlands Twins Register

12:00-13.45: Lunch and Poster session 2

13.45-14.00: Opening of Welcome 2 conference (**Mariusz Piskula**, Olsztyn, PL)

14.00-17.00: **Session 5: Precision Nutrition and Digital Twins in Health and Disease**
(at Aula, co-session with Welcome 2 conference)

Session Chairs: **Yiannis Mavrommatis** (Lucerne, CH) / **Stine Ulven** (Oslo, NO)

14.00-14.40: KEYNOTE LECTURE: **Elisa Dominguez-Hüttinger** (Mexico City, MX): The aging epidermis as a dynamic system: insights from mathematical modelling

14.40-15.20: KEYNOTE LECTURE: **Susan Coort** (Maastricht, NL): Connecting the dots: pathways and networks in nutrition research

15.20-15.40: Coffee break

15.40-16.00: **Tanya Tripathi** (Olsztyn, PL): Multi-Omics Dissection of Vitamin D₃ Responses Reveals Context-Dependent Immune Regulation in Multiple Sclerosis

16.00-16.20: **Catherine Graham** (Lucerne, CH): The Brain Derived Neurotrophic Factor Gene and Dietary Decisions

16.20-16.40: **Kerstin Schorr** (Leiden, NL): Adjustments in meal timing and macronutrient composition improve postprandial metabolic and inflammatory markers in night-shift workers

16.40-17.00: **Ammi King** (London, UK): Investigation of the impact of melatonin receptor 1B (MTNR1B) genotype on continuous glucose monitor derived metrics

17.45-18.45: **Cocktail** at beach of Ukiel Lake, then walk to Przysań Hotel

19.00-22.00: **Gala Dinner** at Przysań Hotel including poster and short talk prizes, NuGOweek 2027 (**Stine Ulven**, Oslo, NO), and closing of NuGOweek 2026 (**Carsten Carlberg**, Olsztyn, PL)

Thursday 3.9.2026

9.00-10.40: **Session 6: Biochemistry of Aging** (Welcome 2 conference, at Aula)
Session Chairs: **Kieran Tuochoy** (Leeds, UK) / **Emilia Gospodarska** (Olsztyn, PL)

9.00-9.40: KEYNOTE LECTURE: **Lars-Oliver Klotz** (Jena, DE): Micronutrients as modulators of stress response and aging processes

9.40-10.00: **Karolina Wołodko** (Olsztyn, PL): Obesity-related leptin dysregulation and developmental programming of mouse preimplantation embryos

10.00-10.20: **Natalia Drabińska-Fois** (Poznań, PL): Metabolomic Signatures of an Energy-Restricted Ketogenic Diet: Alterations in Plasma and Urine Amino Acids in Young Wistar Rats with Diet-Induced Obesity

10.20-10.40: **Maciej Rybiński** (Olsztyn, PL): Vitamin D₃ Induces Divergent Epigenetic State Transitions in Human Immune Cells: Implications for Precision Nutrigenomics

10.40-11.00: Coffee break

11.00-12.40: **Session 7: Nutrigenomics and Disease Prevention** (Welcome 2 conference, at Aula)

Session Chairs: **Christine Morand** (Clermont-Ferrand, FR) / **Urszula Krupa-Kozak** (Olsztyn, PL)

11.00-11.40: KEYNOTE LECTURE: **Louise Dye** (Sheffield, UK): The Impact of Nutrition on Cognitive Function Across the Life Course: Interactions with Stress

11.40-12.00: **Ruth Birk** (Ariel, IL): Lifestyle-behavior factors affect obesity and T2DM genetic predisposition risk

12.00-12.20: **Marian Beekman** (Leiden, NL): Personal-MetaboHealth: a plasma metabolomics-based marker of global health valuable for prevention of disease

12.20-12.40: **Ranjini Ghosh Dastidar** (Olsztyn, PL): Dynamic System Identification from Longitudinal Vitamin D Perturbations Reveals Regulatory Control Architecture of Interindividual Responsiveness

12.40-14.00: Lunch and Poster session 3

14.00-16.00: **Session 8: Immunocompetence and Aging** (Welcome 2 conference, at Aula)

Session Chairs: **Harry Wichers** (Wageningen, NL) / **Joanna Fotschki** (Olsztyn, PL)

14.00-14.40: KEYNOTE LECTURE: **Eunike Velleuer** (Düsseldorf, DE): Bidirectional Interplay between Immunocompetence and Premature Aging

14.40-15.00: **Giulia Feliziani** (Camerino, IT): Impact of Food Processing on the Intestinal Bioactivity of Pigmented Wheat: A Nutrigenomic Perspective

15.00-15.20: **Mariusz Jankowski** (Olsztyn, PL): Vitamin D Shapes Immune Cell Epigenetic Memory under Inflammatory Challenge: Implications for Precision Nutrition in Healthy Aging

15.20-15.40: **Julia Jaroslawska** (Olsztyn, PL): Vitamin D selectively reprograms the monocyte inflammatory landscape through context-dependent chromatin-transcriptional coupling

15.40-16.00: **Anna Ogrodowczyk** (Olsztyn, PL): Lipids Rewire the Immunoreactivity and Functional Profile of Microbial Proteins in Lactic Acid Bacteria

16.00: Poster and short oral presentation prizes

16.15: Closing of conference