



# LIFESTYLE, DIET, WINE & HEALTH

## FOR IMMEDIATE RELEASE

Press Release, Brussels, Belgium, 12 October 2023 – The international Congress Lifestyle, Diet, Wine & Health, will take place from 18 to 20 October 2023, in Toledo.

Lifestyle is now universally acknowledged as a critical determinant of health, encompassing various facets such as dietary patterns, physical activity, and the quality and duration of sleep.

The American Heart Association, in its 2023 recommendations (Life's Essential 8™), highlights the importance of the three key factors mentioned above. These factors, along with five other determinants of cardiovascular risk (smoking, hypertension, high cholesterol, diabetes, and obesity), serve as central areas of focus for reducing cardiovascular mortality, myocardial infarctions, strokes, and related health issues.

The focus will be on these eight issues at the upcoming international congress scheduled for October 19 and 20 in Toledo. The congress will feature more than thirty distinguished speakers, all leading authorities in their respective fields, who will discuss in detail and examine the complex health effects linked to lifestyle decisions and eating habits, which encompass the moderate intake of wine.

During the two-day congress, attendees will find out more about the latest studies and scientific research on these topics. Speakers will present new findings in eating patterns and how it affects our health, covering personalised diets to make food healthier, the role of physical activity in preventing chronic diseases, the connection between sleep, diet, and health, and how food influences our overall well-being and quality of life.

For more information about our online program and speakers, please visit our website. Abstracts are available online. These abstracts serve as essential resources, offering context for the upcoming discussions and insights into the speakers' presentations.

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## ABOUT THE INTERNATIONAL CONGRESS: LIFESTYLE, DIET, WINE & HEALTH

The International Congress: Lifestyle, Diet, Wine & Health will take place in Toledo from 18 – 20 October 2023 and will gather leading experts from around the world, offering the perfect platform to learn more about the latest scientific information and share valuable insights.

We also extend an invitation to journalists and media outlets interested in covering the event. Contact us for further information.

For media inquiries and additional details, please contact: [info@lifestylewine2023.com](mailto:info@lifestylewine2023.com)