Thursday, November 14th.

13h-13h10 Welcome. Florence Niedergang

13h10-13h15 Welcome. Florian, Benoit and Pascal

Inter-cellular and inter-organ communications in physiopathology. Chair Catherine Postic, Thierry Launay, Iryna Pirozhkova

**13h15-14h: keynote Bente Pedersen:** *Exercise as medicine: focus on myokines*

14h-14h30 **Jennifer Arrondeau** (ENMC, UMR 8251, Paris, France) : *Effect of physical activity on glucose uptake by cancer tumors: “MUSCULOPET study”*

14h30-15h **Jacob Smith** (University of Barcelona, Spain): *Circadian rhythms in muscle liver crosstalk*

15h-15h30 **Benedicte Chazaud** (INMG, Lyon, France): *The regenerative niche for skeletal muscle regeneration after exercise-induced muscle injury*

Break

Myofiber diversity, metabolism and physiopathology. Chair Capucine Trollet, Helge Amthor, Frédéric Bouillaud

**16h15h-17h keynote Marco Sandri** (VIMM, University of Padua, Italy): *Novel insights linking mitochondria, bioenergetics, DNA damage and inflammation with sedentary life*

17h-17h30 **François Goldwasser** *Host metabolism and antitumour immunotherapy* (Hôpital Cochin, Paris, France): *Host metabolism and antitumour immunotherapy*

17h30-18h **Julien Ochala** (University of Copenhagen, Copenhagen, Denmark): *Linking myosin to muscle metabolism*

18h-18h30 **Kristian Gundersen** (Institutt for Biovitenskap, Universitetet i Oslo, Norway): *What determines muscle fiber size?*

18h30-18h50: Meeting with Olympic athletes

19h-21h

Cocktail/diner Cloître Port-Royal

Friday, November, 15th.

Muscle activity, neuromuscular diseases and therapy. Chair Anne Houdusse, Isabelle Richard

**9h-9h45: keynote Helen Blau** (Baxter Laboratory for Stem Cell Biology, Stanford University School of Medicine, USA): *Forget the exercise, take a pill*

9h45-10h15 **Serge Braun** (AFM-Téléthon, EVRY, France) : *Gene therapy of neuromuscular diseases and potential impact of muscle exercise on therapeutic efficacy*

10h15-10h45 **Olivier Biondi** (Université Evry Paris Saclay, France): "*Precision exercise in neuromuscular disorders: disease-specific adaptations on mouse models*

Break

Muscle activity, neuromuscular diseases, and aging. Chair Delphine Duprez, Frédéric Relaix, Sabrina Pichon

11h15-11h45 **Patricia Thoreux** (CIMS, Hôpital Hôtel Dieu – HUPC, Paris, France) and **Pascal Laforet** (Paris Saclay University, France): *Neuromuscular diseases and physical activity: what to think about in 2024*

11h45-12h15 **Laurent Schaeffer** (INMG, Lyon, France): *Chromatin, DNA repair and muscle aging*

12h15-12h45 **Jerome Feige** (Nestlé Institute of Health Sciences S.A., Lausanne, Switzerland): *Mitochondrial Calcium Import Regulates Performance and Aging of Skeletal Muscle*

12h45-13h15 **Florian Britto** (Institut Cochin, Paris, France): *Influence of myofibers typology and metabolism on muscle hypertrophy*

Lunch Cloître Port-Royal

From pluripotent stem cells to skeletal muscle adaptation limits. Athanassia Sotiropoulos, Glenda Comai

**14h45-15h30 keynote Olivier Pourquié**(Harvard Medical School, USA): *Deconstructing human skeletal muscle development in vitro*

15h30-16h **Christophe Handschin** (Biozentrum, University of Basel, Switzerland): *The multicellular mechanistic underpinnings of exercise adaptation in skeletal muscle*

16h-16h30 **Angèle Merlet** (U. Saint Etienne, France). *Exercice therapy: what effect on physical fitness and skeletal muscle tissue? Example of sickle cell disease and perspectives in other pathologies.*

16h30-17h **Jean-François Toussaint** (IRMES,URP 7329, INSEP, Paris, France) : *Olympism & paralympism: research, limits & development*

*End*

18h-18h45 Conférence grand public / Public lecture. Irène Margaretis (ANSES)