



PRESS RELEASE
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FOR IMMEDIATE RELEASE
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Age Brilliantly (.org) Announces Spring 2025 Online Workshops
A Dozen Conversations to Empower People to Lead Fulfilling 100-Year Lives

New York, NY. April 3, 2025. Age Brilliantly(.org) is the interactive community of adults of all ages who want to maximize opportunities to lead more fulfilling 100-year lives. Its Academy announced the Spring 2025 line-up of online workshops that engage members in conversations focused on elevating people's efforts now and in the future to lead more fulfilling lives. These complimentary one-hour programs take place on Tuesdays from April 8 through June 24, 2025 at 1-2 PM ET.

"The true value of longevity isn't "surviving" for more years, it's to have more valuable experiences throughout the longer life", observed Jerry Cahn, Ph.D., J.D., Age Brilliantly's CEO and CLO. "As Abraham Lincoln said, 'it's not the years in your life that count. It's the life in your years.' While the best time to start being happier and fulfilled was years ago, the second best time is **now**."

Age Brilliantly notes that there are eight Life Essentials that we can nurture and maximize by allocating time and energy to planning for a long life filled with positive health, financial security, supportive relationships, rewarding career, passionate activities, purpose and meaning, continuous learning, and effective time mastery. That's why the AgeBrilliantly.org platform enables members (peers and experts) to share information, inspiration, resources, support, and tools to leading more fulfilling lives. Just as saving money early allows wealth to compound and creates financial independence, making similar investments in other Life Essentials, exponentially facilitates greater fulfillment through your life.

"Our Academy provides learning experiences to energize people to increase their commitment and actions, now, to make tomorrow possibly more fulfilling than today", said Dr. Cahn. "We invite experts with different perspectives to share their expertise and insights as they facilitate conversational workshops. We invite adults of all ages to take advantage of the opportunity."

The spring series includes the following programs every Tuesday at 1-2PM ET from April 8 to June 24

April 8 – [What Are You Doing To Lead A More Fulfilling Life?](#)
April 15 – [Love to Travel? Plan Your Next Adventure with Wowzitude](#)
April 22 – [Smart Estate Planning: Protect Your Family & Avoid Chaos](#)
April 29 – [Mindset Is Everything: Invent Your Dream Life](#)
May 6 – [Healthy, Longer Life Strategies Are Within Your Reach](#)
May 13 – [Worried About Someone with Dementia? You Can Make A Difference](#)
May 20 – [How Core Values Shape Strong Loving Families](#)
May 27 – [Master Mental Resilience for a Longer, More Fulfilling Life](#)
June 3 – [The Power Of Connection: Senior Centers Build Better Communities](#)
June 10 – [3 Thinking Strategies for Aging with Engagement, Energy & Enthusiasm](#)
June 17 – [Project THRIVE: Business & Worker Growth Using Synergistic Alignment](#)
June 24 – [Save Money or Build Wealth? You Decide](#)

People can register for individual programs at AgeBrilliantly.org/Upcoming-Workshops.
For more information, visit www.AgeBrilliantly.org contact 800-493-1334, or JCahn@agebrilliantly.org.

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