

PRESS RELEASE
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FOR IMMEDIATE RELEASE
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Age Brilliantly (.org) Announces its Summer 2025 Online Workshop Series

Join the Forums to Discuss How You Can Lead a Happy & Fulfilling 100-Year Life

New York, NY; July 1, 2025. Age Brilliantly(.org) is the interactive community of adults of all ages who want to maximize opportunities to lead happier and more fulfilling 100-year lives. Today, it announced the Academy Summer 2025 series of (complimentary) online workshops designed to help the public learn strategies and tactics to lead more fulfilling lives. These one-hour workshops take place each Tuesdays from July 15 through August 26, 2025 from 4-5 PM ET.

"For over 7 seasons, we've been sponsoring these free online workshops," observed Jerry Cahn, PhD., J.D., Age Brilliantly's CEO and CLO. "The purpose is three-fold:

- to increase people's awareness that today's gift of longevity creates the opportunity to have happy and fulfilling 100-year lives, and not just after the traditional "retirement age" set a century ago;
- to help people take charge of their lives, and not default to lifestyles adopted decades ago. As the world advances horse-and-buggies to spacecrafts; we have to adapt to our future world.
- to meet experts in aging/longevity and 8 Life Essentials (e.g., health, finances, relationships, careers, passion, purpose, learning, and time mastery) so we can make better long-term lifestyle decisions.
- to join a community of like-minded individuals and share with each other how best to maximize experiences, goal achievement, happiness and fulfillment throughout our future life-paths."

The AgeBrilliantly.org platform enables members (peers and experts) to share information, inspiration, resources, support, and tools so everyone can lead happier and more fulfilling lives. To maximize the learning and experience, it provides an ecosystem which includes an Academy, Community forums for Q&A interactions, Tools (e.g., Assessment Center) and Advisory-Coaching Center for expert support.

The summer series is presented every Tuesday from July 15 through August 26, from 4-5 PM ET.

July 15 - [The Nine Steps to an Unlimited Life: Healthy Habits by John Asher](#)

July 22 - [Want More Joy and Deeper Relationships? Let's Make It Happen by Wendy Wollner](#)

July 29 - [Estate Planning Essentials: Leave a Legacy, Not a Mess by Kraig Strom](#)

Aug. 5 - [Feel Pulled in All Directions? Reclaim Your Time and Sanity Now by Wendy Taddeucci](#)

Aug 12 - [Change your Mindset, Change your Narrative by Megan Wollerton](#)

Aug 19 - [Is Your Mindset Setting You Up for a Brilliant Life? by Mark Panciera](#)

Aug 26 - [Reduce Stress & Avoid Burnout? Time Mastery is Key by Jerry Cahn, PhD, JD](#)

Dr. Cahn concluded, "throughout our lives, there are time when we get "stuck, complacent, hit walls, etc. Age Brilliantly is the 24/7 community hub for people to share their challenges and get support and expertise to bounce back. By sharing experience-based insights, members help each other recognize the "gift and opportunity" in life and become more "antifragile". We develop courage, grit and resilience to take on challenges and opportunities, and lead more fulfilling 100-year lives. Join us!"

People can register for workshops at AgeBrilliantly.org/Upcoming-Workshops

For more information, visit www.AgeBrilliantly.org contact 800-493-1334, or JCahn@agebrilliantly.org.

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