



PRESS RELEASE
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FOR IMMEDIATE RELEASE
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Age Brilliantly (.org) Announces Fall 2025 Virtual Roundtable Series
Maximize Your Opportunities to Lead a Happy and Fulfilling 100-Year Life

New York, NY. October 13, 2025. Age Brilliantly(.org), the interactive community of adults of all ages who want to maximize opportunities to lead happier and more fulfilling 100-year lives, today announced its Fall Series of free Virtual Roundtables. These one-hour discussions, led by industry experts, are designed to enhance participants' abilities to develop the mindsets, skills, and behaviors needed to nurture the Eight Life Essentials (i.e., health, finances, relationships, careers, passions, purpose, learning, and time mastery) which are the pillars of an integrated, holistic and fulfilling long life. The series begins October 21 and ends December 16, 2025; all programs take place 1-2 PM ET.

"Today, the gift of longevity gets lots of attention, thanks to scientific insights for public and personal health. At the same time, the pandemic and social media revealed that economic, social, technological, and political changes that people face daily is negatively impacting their ability to lead happy and fulfilling long lives," notes Jerry Cahn, Ph.D., J.D., Age Brilliantly's CEO and CLO.

"President Lincoln observed that 'It's not the years in your life that count. It's the life in your years.' To help people committed to improving the long-term quality of their lives, we founded Age Brilliantly to empower people to nurture their Life Essentials, make better decisions on how to plan longer lives, and make tradeoffs between Life Essentials in the present and/or today vs. future years. We all face these choices: 'Do I spend money now on something I'd like, or do I save it and learn to invest it so 40 years from now I'm financially secure at 87? Do I invest time to nurture my health so that I'm mobile and fit for travel at 87 years of age? Do I take jobs that pay well but don't allow me to learn for future career opportunities, in a world where I can continue to focus on passions and purposes into my 90s?'"

Age Brilliantly's interactive platform enables adults to share information, inspiration, support, resources, and tools with peers and industry experts, so members can make better life-fulfillment decisions 24/7. In addition to the free roundtables, Age Brilliantly provides a weekly and monthly newsletter. Joining now is free. Visit the site to learn about all the services available.

The Fall Series takes place every Tuesday at 1-2PM ET from October 21 through December 16.

Oct 21 – [Will You Stay Strong Enough To Enjoy A 112-Year Life?](#) By John Asher
Oct 28 – [Are You Living A Happy Life Now And Will You Be Fulfilled Forever?](#) By Jerry Cahn, PhD, JD
Nov 4 – [What Will You Leave Your Loved Ones In Your Estate Plan?](#) By Kraig Strom
Nov 11 – [Are Non-Aligning Family Values Interfering With Planning?](#) By Nick Peck
Nov 18 – [Time Mastery Is Like Surfing; Are You In Control?](#) By Jerry Cahn, PhD, JD
Nov 25 – [Is Your Mindset Growing As Fast As Your Life Is Evolving?](#) By Mark Panciera
Dec 2 – [What Legacy Are You Creating?](#) By Jerry Cahn, PhD, JD
Dec 9 – [Are You Ready To Bring Balance Back Into Your Life?](#) By Megan Wollerton
Dec 16 – [If You're A SoloAger, Who's Going To Take Care Of You?](#) By Ivy Menchel

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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