

PRESS RELEASE
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FOR IMMEDIATE RELEASE
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Make 2026 a Happier Year by Attending Age Brilliantly's 12 Virtual Roundtables
Academy's Experts Empower Adults to Maximize Opportunities for More Fulfilling 100-Year Lives

New York, NY. Jan. 1, 2026. Age Brilliantly(.org), the interactive community of people of all ages who want to lead happier and more fulfilling 100-year lives, announced its Winter 2026 Virtual Roundtables. The complementary one-hour, expert-led discussions every Tuesday from Jan. 13 through March 31, 2026, will explore issues concerning health, finances, relationships, lifestyles, passion and purpose. The goal is to empower attendees and their loved ones to make better longer-term aging-related decisions.

Age Brilliantly's CEO & CLO, Jerry Cahn, PhD, JD observed that "the gift longevity with improved health-spans creates a wide range of opportunities for life fulfillment. In a recent 60 Minutes Interview, Dr. Peter Attia shared our core principle: 'What's the point of living long if you aren't happy?'"

One of this series 12 presenters is Dr. Aubrey de Grey, a biomedical gerontologist, speaks for the panel when he says that "extending life without preserving health and vitality misses the point of longevity". That's why all of them are sharing their areas of expertise – biomedical research, health care, legal services, relationships, long-life career options, caregiving, lifestyles, and purpose – to empower adults of all ages to increase planning now to forge healthier, happier and more meaningful 100-year lives.

Age Brilliantly's 24/7 interactive platform enables people to share information, inspiration, support, resources, and tools with peers and industry experts, so members can make better life-fulfillment decisions. Its Learning Center sponsors workshops and courses, Exchange forums, Assessment Center tools, Advisory-Coaching and mental health services and more. Joining Age Brilliantly is free.

Dr. Cahn concluded "We offer the free virtual roundtables to increase people's awareness of tools and resources that people can use to take responsibility for their own long-lives, help their parents and siblings with theirs, and empower their children to start planning early for their 100-year lives."

The Winter Series takes place every Tuesday at 1-2PM ET from January 13 through March 31, 2026.

Jan 13 – [Life-Pathing; How To Lead A Fulfilling 100-Year Life](#) By Jerry Cahn, PhD, JD

Jan 20 – [Would Your Wealth Survive a Financial Attack?](#) By Madison Wells, Esq.

Jan 27 – [Biomedical Miracles for a Long & Fulfilling Life](#) By Dr. Aubrey de Grey

Feb 3 – [What Legacy Are You Creating?](#) By Jerry Cahn, PhD, JD

Feb 10 – [After Retirement, How Do I Reinvent Myself?](#) By Catherine Marienau & Gail Zelitzky

Feb 17 – [Make Informed Senior Living Decisions for Your Loved Ones](#) By Allie Smith-Goodwin

Feb 24 – [Reimagining Community Centers for the 50+](#) By Jennie Griggs, MA

Mar 3 – [Is Multigenerational Living the Next Big Shift?](#) By Jane Rohde

Mar 10 – [Ready for a Caregiving Emergency?](#) By SJ Khalsa, Esq.

Mar 17 – [Is My Life Meaningful Anymore?](#) By Kevin W. McCarthy

Mar 24 – [How Do I Make Caregiving Less Overwhelming?](#) By Dave Watkins

Mar 31 – [9 New Techniques To Extend Health Span By A Decade](#) By John Asher

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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