

PRESS RELEASE
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FOR IMMEDIATE RELEASE
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**Age Brilliantly (.org) Introduces its Academy's Winter Workshop Series:
*Weekly Online Programs Empower Adults to Lead Fulfilling 100-year Lives***

New York, NY. January 4, 2024. Age Brilliantly(.org), the interactive community of adults who want to maximize opportunities to lead (more) fulfilling 100-year lives, introduced the Academy's Winter Workshop Series. Weekly online workshops begin January 30 and end April 16. All fees are waived.

"With the gift of longevity, each of us is responsible to her/himself to make the most of the potential 100-year life," said Jerry Cahn, Ph.D., J.D., CEO and CLO. "At whatever age you realize that, at 20, 50 or 80, by joining Age Brilliantly (.org) and empowering yourself to make the best lifestyle decisions concerning the six life essentials (e.g., health, financials, relationships, passion, purpose, and time mastery) and their derivatives (e.g., careers, lifelong learning and travel/leisure.) Our platform allows experts and peers to share information, inspiration, resources, support, and tools with which members can make wiser decisions. For instance, the Academy's live workshops allow participants to introduce themselves to qualified experts and peers of all ages for ongoing conversations and support."

The Winter online workshops series takes place on consecutive Tuesdays from January 30 to April 16 from 1-2 PM ET. Topics for this and future Academy programs reflect areas of interest to Age Brilliantly's diverse membership. Faculty include industry experts and providers who share members' commitment to take charge of their lives to lead intentional, fulfilling lives throughout a long and healthy lifespan.

The schedule of online workshops is as follows:

- Jan. 30: [Lead a Fulfilling 100-Year Life – The Age Brilliantly Mindset](#)
- Feb. 6: [Nine Steps to an Unlimited Life: The Fundamentals](#)
- Feb. 13: [Nourishing Longevity – Nutritional Habits to Fuel a Fulfilling Life](#)
- Feb. 20: [Advanced Planning for Large IRA Balances](#)
- Feb. 27: [How to Begin Building Your Estate Plan](#)
- Mar. 5: [Conquering Chaos with Time-Optimized Inner Focus](#)
- Mar. 12: [Endgame Entrepreneurship – Build with an Exit Plan in Mind](#)
- Mar. 19: [Core Values – Aligning the Family's Purposes](#)
- Mar. 26: [Mindset Mastery – Upgrade Your Life with Positive Intelligence](#)
- Apr. 2: [Caregiving for Your Loved Ones in New York](#)
- Apr. 9: [Educational Travel for Older Adults](#)
- Apr. 16: [What Is Your Legacy?](#)

People can register for individual programs at <https://Academy.AgeBrilliantly.org/> and several programs at a time using the [Quick-Register Link: https://academy.agebrilliantly.org/quick-register.](https://academy.agebrilliantly.org/quick-register)

"Later this year, Age Brilliantly will add other services/products to help our growing, multi-generational community make the most of their 100-year life adventure," Dr. Cahn said. "This includes other educational programs, in-person meetings, self-assessments of life-essential's status/readiness and specialized coaches when you're 'stuck'. Age is simply a marker along tomorrow's life adventure. The key is to enjoy a fulfilling life as long as possible, starting now!

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