

PRESS RELEASE
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FOR IMMEDIATE RELEASE
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**Age Brilliantly (.org) Announce Fall Series of Online “Explorer” Conversations:
*Weekly Workshops with Experts Empower Adults to Lead Fulfilling 100-Year Lives***

New York, NY. August 16, 2024. Age Brilliantly(.org), the interactive community of adults of all ages who want to maximize opportunities to lead (more) fulfilling 100-year lives, announced the Academy’s Fall Series of “Explore” Conversation-Workshops. These complimentary online programs take place each Tuesday at 1 PM ET during from September through December.

“Heraclitus said, ‘The only constant in life is change’, observed Jerry Cahn, Ph.D., J.D., Age Brilliantly’s CEO and CLO. “Today, we’re inundated with changes with profound implications. We lead longer, healthier lives; we can envision potential 100-year lives. Our expectations for life fulfillment/happiness have increased. The Great Resignation revealed that our relationships to work have changed; we want income, passion and/or purpose with greater flexibility in we use time. We’re part of a “sandwich generation” taking care of ourselves, children and/or parents. Finally, AI is changing the very fabric of our jobs/careers.”

Age Brilliantly’s platform empowers members to share information, inspiration, resource, support and tools to make better decisions while navigating our life-paths. Each season, the Academy offers free online workshop-conversations based on areas of interest to Age Brilliantly’s membership. Faculty include industry experts and providers who share members’ commitment to leading fulfilling lives.

This fall’s “Explore” Workshop Series takes place each Tuesday between 1-2 PM ET from September 3 through December 17. The schedule is as follows:

- Sept. 3 – [Your Best Empty Nest](#)
- Sept. 10 – [The Modern Estate Planning Essentials](#)
- Sept. 17 – [Financial Self Defense](#)
- Sept. 24 – [Longevity Tips for Emerging and Early Adults](#)
- Oct. 1 – [Truths You Need to Know About Senior Care](#)
- Oct. 8 – [Why We’re Not Prepared to Grow Older: Challenges and Solutions](#)
- Oct. 15 – [Your Extraordinary Why – Secrets to Finding Purpose](#)
- Oct. 22 – [The Future is Intergenerational](#)
- Oct. 29 – [How to Build Your Estate Plan, Regardless of Wealth](#)
- Nov. 5 – [Build a Thriving 21st Century Business Using the Age Brilliantly Mindset](#)
- Nov. 12 – [Future-Proof Your Wealth by Redefining Risk](#)
- Nov. 19 – [Mastering Inflammation Through Diet: Flare Up or Calm Down](#)
- Nov. 26 – [Mindset Matters: The Art and Science to Invent Your Future](#)
- Dec. 3 – [Happiness and Fulfillment Throughout Your 100-Year Life](#)
- Dec. 10 – [Welcome to the 4th Dimension: Master Time to Lead a Fulfilling Life](#)
- Dec. 17 – [What Is Your Legacy?](#)

Dr. Cahn concluded, “Our attitudes and practices toward aging are formed as children exploring the world we inherit from our grandparents. With 100-year lives, we’ll spend a good part of our lives in the world of our grandchildren. Therefore, people need to nurture our “future-selves” to maximize the future opportunities. That’s why AgeBrilliantly will be adding assessment, coaching, educational programs, and access to services and products offered by our expert and provider partners in coming months.”

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

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