


INTERNATIONAL CONFERENCE

„Towards healthy longevity“



 **Venue:** Parliament of the Republic of Lithuania, Bulding III, Conference Hall, Gedimino Ave. 53, Vilnius
Date and time: Friday, 19 September 2025, 8:30 - 16:30

Time	Session / presentation
09:00 – 09:30	Press conference
08:30 – 09:45	Registration & Welcome coffee
09:45 – 10:00	Welcome address <i>Prof. dr. Saulius Čaplinskas, member of the Health Affairs Committee of the Seimas of the Republic of Lithuania (moderator)</i> <i>Dr. Juozas Olekas, First Deputy Speaker of the Seimas of the Republic of Lithuania</i> <i>Dr. Marija Jakubauskienė, Ministry of Health of the Republic of Lithuania</i>
10:00 – 11:45	SESSION I: The Concept of Longevity: Achievements and Future Perspectives <i>Chair: Prof. Dr. Dalius Jatužis, Dr. Ilia Stambler, Prof. Dr. Saulius Čaplinskas</i>
10:00 – 10:15	Strengthening Research, Development, Education and Policy in the Field of Healthy Longevity. <i>Dr. Ilia Stambler, Chief Science Officer and Chairman of Vetek (Seniority) Association – the Movement for Longevity and Quality of Life, Israel; Bar-Ilan University</i>
10:15 – 10:25	From Universal Newborn Genetic Testing to Healthy Ageing: What Can We Learn Across the Life Course? <i>Prof. dr. Algirdas Utkus, Chairman of the National Health council, Lithuania</i>
10:25 – 10:30	Common Approaches to Dissability and Degenerative Ageing. <i>Alex Friedman. Chairman „Disabled, Not Half a Person Association“, Israel</i>
10:30 – 10:45	Modulating the Biological Clock through Psychological and Biomolecular Factors – The Lithuanian Expierience. <i>Prof. dr. Danielius Serapinas, LSMU Department of Family medicine clinic, geneticist, Lithuania</i>
10:45 – 11:05	Longevity: From Molecular Mechanisms to Breakthroughs in Rejuvenation Technologies. <i>Dr. Mindaugas Valius, Head of the Proteomics Center, Institute of Biochemistry, Vilnius University Life Sciences Center, Lithuania</i>
11:05 – 11:20	The Code of Heart Longevity: Is it Possible to Reverse the Biological Clock? <i>Prof. dr. Jurgita Plisienė, LSMU professor, Head of the Department of Consultation and Diagnostics, Cardiologist at the Hospital of LSMU Kaunas Clinics, Lithuania</i>
11:20 -11:30	From Assesement to Value: The Importance of Cognitive function Evaluation in Longevity Medicine. <i>Doc. Silvija Valdonė Alšauskė, PhD Candidate and Medicine Resercher at LSMU, Family physician at Kaunas Clinics, Lithuania</i>
11:30 – 11:40	Challenges and Opportunities in Regenerative Surgery: From Theory to Clinical Practice. <i>Prof. Dr. Rytis Rimdeika, Plastic and Reconstructive Surgeon at the Hospital of Lithuanian University of Health Sciences Kaunas Clinics, President of the Lithuanian Society of Plastic and Reconstructive Surgery</i>
11:45 – 12:15	Roundtable Panel Discussion I Progress in Implementing Strategic Goals and Ambitions for Public Health Set Out in Lithuania’s Strategic Governance Planning Documents and Healthy Ageing <i>The discussion will invite the participstion of Ministres, public institutions, associations, citizens and political parties</i> Moderator: <i>Lina Šukytė-Korsakė, Chair of the Comittee on Health Affairs of the Seimas of the Republic of Lithuania</i>
12:15 – 13:15	Lunch break
13:15 – 14:40	SESSION II Bridging the Gap: Advocacy, Financing, Local and International Cooperation <i>Chair: Prof. dr. Leonas Valius, Prof. Richard W. Barker, Prof. dr. Saulius Čaplinskas</i>
13:15 – 13:30	The European Health Data Space and Data Sharing to Promote Longevity. <i>Didier Coeurnelle, Co-Chair of HEALES, Belgium</i>
13:30 – 13:45	Targeted Physical Activity as a Novel Therapeutic Strategy for Healthy Longevity. <i>Yuri Ostrinski, Visiting Researcher, Institute of Microbiology and Virology Riga Stradins University, Riga, Latvia; Sheba Global International Projects, Sheba Medical Center, Israel.</i>
13:45 – 13:55	From Prevention to Longevity – Medical Well-Being as a Sustainable Health Strategy. <i>Doc. dr. Kęstutis Skauminas, Head of the Physical Medicine and Rehabilitation Center, Eglės Sanatorium Ltd., Lithuania</i>

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13:55 – 14:05	Can Biomonitoring Contribute to the Health of the Lithuanian Population – A Toxicologist’s Perspective. <i>Prof. Dr. Robertas Badaras, Head of the Toxicology Centre at Vilnius University Hospital Santaros Clinics</i>
14:05 – 14:20	SuPAR: The Universal Biomarker to Predict Longevity and Healthspan. <i>Dr. Jesper Eugen-Olsen, immunologist and researcher, the inventor of the SuPAR biomarker, the founder and Chief Scientific Officer at ViroGates, Denmark</i>
14:20 – 14:35	Regulatory Pathways for Emerging Longevity Therapies. <i>Prof. Richard W. Barker – Professor at King’s College London, founder of innovative health technology enterprises, and former senior executive in leading global pharmaceutical and technology companies.</i>
14:35 – 14:40	Health Break
14:40 – 15:15	Roundtable Panel Discussion II <i>An open session for sharing best practices, lessons learned, and ideas, including audience questions and the development of policy recommendations.</i> Moderator <i>Laura Dabulytė</i> How Much Does Longevity Cost? <i>Dr. Rima Balanaškienė, physician, creator of No AGE, owner of ACONITUM</i> Personalized Medical Prevention Can Rewrite Your Health Story. <i>Violeta Jurgaitienė, founder and owner of AUM Wellness Clinic</i> How Endobiogeny, as Part of Complementary and Alternative Healthcare, Helps Prevent Disease: A New Approach to Longevity. <i>Gintarė Jarašiūnė, Endobiogeny Institute (VšĮ)</i> Private Investment in Health Prevention – Luxury or Necessity? <i>Evalda Šiškauskienė, co-owner of EVA Academy (UAB)</i> Biomechanical Self-Healing: The Way to Healthy Longevity. <i>Rūta Feldmanaitė–Čaikovskienė, Saulius Daunoras, Motus Regularis (VšĮ)</i>
15:15 – 16:00	Status Quo <i>Chair: Acad. Prof. Sonata Jarmalaitė, Prof. Marek Postuła, Prof. Dr. Saulius Čaplinskas</i>
15:15 – 15:20	Study on the Impact of Healthcare Reform on the Residents and Medical Professionals of the Sūduva Region. <i>Prof. Dr. Natalja Istomina, Vice-Dean for Research, Faculty of Public Governance and Business, Mykolas Romeris University</i>
15:20 – 15:25	University of the Third Age – Academy for Healthy Ageing. <i>Prof. dr. Zita Žebrauskienė, Rector of the Medardas Čobutas Third Age University, President of the Lithuanian Association of third Age Universities, Lithuania</i>
15:25 – 15:30	Activities of Public Health Bureaus in the Context of Health Ageing. <i>Andrius Busila, Deputy Chair of the Health Affairs Committee of the Seimas of the Republic of Lithuania</i>
15:30 – 15:45	The Health of Older Adults in Lithuania in the Europian Union Context: Insights from the Survey of Health, Ageing and Retirement in Europe (SHARE). <i>Prof. dr. Antanas Kairys, Associate Professor of Psychology ar VU and Lithuanian coordinator of the Survey of Health, Ageing and Retirement in Europe (SHARE), Lithuania</i>
15:45 – 16:00	Longevity Medicine: From Premium Clinic to Democratic Approach. <i>Prof. dr. HP. Marek Postula, President of the Polish Society of Longevity Medicine, Head ot the Pharmacogenomics Laboratory at the Medical University of Warsaw, Poland</i>
16:00 – 16:30	Roundtable discussion involving all conference participants. <i>An open session for sharing best practices, lessons learned, and ideas, including audience questions and the development of policy recommendations.</i> Moderator <i>Laura Dabulytė</i>
16:30 –16:40	Closing Remarks <i>Prof. dr. Saulius Čaplinskas, member of the Health Affairs Committee of the Seimas of the Republic of Lithuania (moderator)</i> Networking Reception (buffet) <i>“Science at the Bar” - Informal Networking and Partnership Building</i>

ADDITIONAL INFORMATION

- Participation is free of charge; pre-registration is required (the online registration form: <https://www.lrs.lt/registracija>)
- Entry to the Seimas is permitted with personal identification
- Participants will be able to park their cars free of charge in the parking lot located at A. Tumėno Street, next to the Seimas Building II
- All presentations will be delivered live; the event will be photographed and filmed, and a recording will be published on the Seimas website
- Simulations interpretation in Lithuanian and English will be provided
- Participants will receive certificates
- The organizers retain the right to modify the program as necessary, taking into account the schedules of invited speakers and Members of the Seimas.

CONFERENCE ORGANIZED BY



LIETUVOS RESPUBLIKOS
SEIMAS



Member of the Seimas
of the Republic of Lithuania
Prof. dr. Saulius Čaplinskas

CO-ORGANIZER



Dr. Ilia Stambler
Vetek Association Chair,
Bar-Ilan University, Israel

ORGANIZERS AND PARTNERS



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Health Affairs Committee of the Seimas of the Republic of Lithuania
Addiction Prevention Commission of the Seimas of the Republic of Lithuania



התנועה לאיכות ואריכות חיים (נ"ר)
Seniority-The Movement for
Longevity and Quality of Life



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