


# 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	<b>Press conference</b>
08:30 – 9:45	<b>Registration &amp; Welcome coffee</b>
9:45 – 10:00	<b>Welcome address</b> <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	<b>SESSION I:</b> <b>The Concept of Longevity: Achievements and Future Perspectives</b>
10:00 – 10:15	<b>Strengthening Research, Development, Education and Policy in the Field of Healthy Longevity.</b> <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	<b>From Universal Newborn Genetic Testing to Healthy Ageing: What Can We Learn Across the Life Course?</b> <i>Prof. dr. Algirdas Utkus, Chairman of the National Health council, Lithuania</i>
10:25 – 10:30	<b>Common Approaches to Dissability and Degenerative Ageing.</b> <i>Alex Friedman. Chairman „Disabled, Not Half a Person Association“, Israel</i>
10:30 – 10:45	<b>Modulating the Biological Clock through Psychological and Biomolecular Factors – The Lithuanian Expierience.</b> <i>Prof. dr. Danielius Serapinas, LSMU Department of Family medicine clinic, geneticist, Lithuania</i>
10:45 – 11:05	<b>Longevity: From Molecular Mechanisms to Breakthroughs in Rejuvenation Technologies.</b> <i>Dr. Mindaugas Valius, Head of the Proteomics Center, Institute of Biochemistry, Vilnius University Life Sciences Center, Lithuania</i>
11:05 – 11:20	<b>The Code of Heart Longevity: Is it Possible to Reverse the Biological Clock?</b> <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	<b>From Assesement to Value: The Importance of Cognitive function Evaluation in Longevity Medicine.</b> <i>Doc. Silvija Valdonė Alšauskė, PhD Candidate and Medicine Resercher at LSMU, Family physician at Kaunas Clinics, Lithuania</i>
11:30 – 11:40	<b>Challenges and Opportunities in Regenerative Surgery: From Theory to Clinical Practice.</b> <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	<b>Roundtable Panel Discussion I</b> <b>Progress in Implementing Strategic Goals and Ambitions for Public Health Set Out in Lithuania’s Strategic Governance Planning Documents and Healthy Ageing</b> <i>The discussion will invite the participstion of Ministres, public institutions, associations, citizens and political parties</i> <b>Moderator:</b> <i>Lina Šukytė-Korsakė, Chair of the Comittee on Health Affairs of the Seimas of the Republic of Lithuania</i>
12:15 – 13:15	<b>Lunch break</b>
13:15 - 14:40	<b>SESSION II</b> <b>Bridging the Gap: Advocacy, Financing, Local and International Cooperation</b>
13:15 – 13:30	<b>The European Health Data Space and Data Sharing to Promote Longevity.</b> <i>Didier Coeurnelle, Co-Chair of HEALES, Belgium</i>
13:30 – 13:45	<b>Targeted Physical Activity as a Novel Therapeutic Strategy for Healthy Longevity.</b> <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	<b>From Prevention to Longevity – Medical Well-Being as a Sustainable Health Strategy.</b> <i>Doc. dr. Kęstutis Skauminas, Head ot the Laboratory of Molecular Neuro-Oncology LMSU; Head of the Physical Medicine and Rehabilitation Center, Eglės Sanatorium Ltd., Lithuania</i>

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13:55 – 14:05	<b>Can Biomonitoring Contribute to the Health of the Lithuanian Population – A Toxicologist’s Perspective.</b> <b>Prof. Dr. Robertas Badaras</b> , <i>Head of the Toxicology Centre at Vilnius University Hospital Santaros Clinics</i>
14:05 – 14:20	<b>SuPAR: The Universal Biomarker to Predict Longevity and Healthspan.</b> <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	<b>Regulatory Pathways for Emerging Longevity Therapies.</b> <b>Prof. Richard W. Barker</b> – <i>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	<b>Roundtable Panel Discussion II</b> <i>An open session for sharing best practices, lessons learned, and ideas, including audience questions and the development of policy recommendations.</i> <b>Moderator</b> <i>Laura Dabulytė</i> <b>How Much Does Longevity Cost?</b> <i>Dr. Rima Balanaškienė, physician, creator of No AGE, owner of ACONITUM</i> <b>Personalized Medical Prevention Can Rewrite Your Health Story.</b> <i>Violeta Jurgaitienė, founder and owner of AUM Wellness Clinic</i> <b>How Endobiogeny, as Part of Complementary and Alternative Healthcare, Helps Prevent Disease: A New Approach to Longevity.</b> <i>Gintarė Jarašiūnė, Endobiogeny Institute (VšĮ)</i> <b>Private Investment in Health Prevention – Luxury or Necessity?</b> <i>Evalda Šiškauskienė, co-owner of EVA Academy (UAB)</i> <b>Biomechanical Self-Healing: The Way to Healthy Longevity.</b> <i>Rūta Feldmanaitė–Čaikovskienė, Saulius Daunoras, Motus Regularis (VšĮ)</i>
15:15 – 16:00	<b>Status Quo</b>
15:15 – 15:20	<b>Study on the Impact of Healthcare Reform on the Residents and Medical Professionals of the Sūduva Region.</b> <i>Prof. Dr. Natalja Istomina, Vice-Dean for Research, Faculty of Public Governance and Business, Mykolas Romeris University</i>
15:20 – 15:25	<b>University of the Third Age – Academy for Healthy Ageing.</b> <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	<b>Activities of Public Health Bureaus in the Context of Health Ageing.</b> <i>Andrius Busila, Deputy Chair of the Health Affairs Committee of the Seimas of the Republic of Lithuania</i>
15:30 – 15:45	<b>The Health of Older Adults in Lithuania in the European Union Context: Insights from the Survey of Health, Ageing and Retirement in Europe (SHARE).</b> <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	<b>Longevity Medicine: From Premium Clinic to Democratic Approach.</b> <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	<b>Roundtable discussion involving all conference participants.</b> <i>An open session for sharing best practices, lessons learned, and ideas, including audience questions and the development of policy recommendations.</i> <b>Moderator</b> <i>Laura Dabulytė</i>
16:30	<b>Closing Remarks</b> <i>Prof. dr. Saulius Čaplinskas, member of the Health Affairs Committee of the Seimas of the Republic of Lithuania (moderator)</i> <b>Networking Reception (buffet)</b> <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.