





HEALTHY AGEING AND LONGEVITY ASSEMBLY 2026



 8-14 June 2026

 In Lithuanian cities – Kaunas, Vilnius, Klaipėda, Birštonas, Druskininkai, and others.

The Assembly aims to serve as an international platform, bringing together experts, institutions, international organisations, academic communities, and social partners not only from Lithuania but also from across Europe and the world, with the aim of jointly shaping a sustainable vision for health, social well-being, and active ageing.

The Assembly will foster dialogue across the fields of science, policy-making, healthcare, social services, education, technology, and business in order to develop practical recommendations and partnerships both in Lithuania and internationally.

Following the Assembly, efforts will be made to establish the world's first International Parliamentary Cooperation Initiative for Healthy Ageing and Longevity, bringing together parliamentarians, experts, and civil society leaders from Lithuania, Europe, and other countries with the view to promoting healthy aging and longevity.

OBJECTIVES OF THE INITIATIVE:



policy development and the sharing of best practices in disease prevention;



strengthening science and education;



extending healthy life years;



expanding international cooperation in the fields of healthy ageing and longevity.

These challenges are highly relevant globally, particularly in Europe and Lithuania.

It is projected that by 2050, around 30% of Europe's population will be aged 65 and over, while the old-age dependency ratio will exceed 50%, placing significant pressure on healthcare and social protection systems.

Non-communicable diseases associated with ageing account for approximately 90% of all deaths in Europe, with cardiovascular diseases, cancer, diabetes, and neurodegenerative disorders remaining the primary drivers of healthcare expenditure.

In Lithuania, the challenge of population aging is among the most severe in Europe and OECD countries.

Currently, more than 20% of Lithuania's population, approximately 600,000 people, are aged over 65.

By 2050, Lithuania's population is projected to decline by 20%, with the working-age population decreasing by 30%, while the proportion of people aged over 65 is expected to exceed 30%.

Average life expectancy in Lithuania is approximately 76 years, while healthy life expectancy is around 64 years, with both indicators ranking among the lowest in the European Union and the OECD.

This reflects the complex health situation of older people in the country and the urgent need for action.

The *Healthy Ageing and Longevity Assembly 2026* in Lithuania will mark an important step in mobilising society to address this challenge by uniting stakeholders from governmental and parliamentary institutions, the healthcare sector, the scientific community, and the wider public.

MAIN OBJECTIVES OF THE ASSEMBLY:

- 01 To create a society in which health is valued from early childhood through to old age;
- 02 To implement the Health in All Policies approach;
- 03 To promote research on ageing and its practical application through safe, effective, and accessible therapies and technologies;
- 04 To strengthen national and regional scientific, medical, industrial, and educational capacities;
- 05 To develop a healthy longevity ecosystem;
- 06 To establish Lithuania as a regional centre for innovation and leadership in the fields of health and ageing policy.

The *Healthy Ageing and Longevity Assembly 2026* will represent not only a series of events but also a broader movement for health, connecting Lithuania with the world.

Confirmed speakers include internationally recognised experts in healthy ageing and longevity from more than 10 countries, including Lithuania, Latvia, Estonia, Israel, the United States, the United Kingdom, Germany, Belgium, Cyprus, Azerbaijan, South Africa, and Malta.

The main Assembly events will take place on 8–14 June 2026 as part of Healthy Ageing and Longevity Week.

LITHUANIAN ORGANISATIONS:



INTERNATIONAL PARTNERS:



EVENTS:

8 JUNE

Monday

A press conference at the Seimas will present the goals and events of the Assembly.

9 JUNE

Tuesday

The conference *Longevity Forward 2030: Evidence-Based Medicine for Healthy Ageing* at the Lithuanian University of Health Sciences in Kaunas will present the latest practical knowledge in the field of healthy longevity medicine.

10 JUNE

Wednesday

Public events titled *Longevity Science in the City* will take place in Vilnius, Kaunas, Klaipėda, and Druskininkai to promote healthy ageing and longevity.

A high-level meeting of foreign ambassadors on *Healthy Longevity – A Priority for International Cooperation* will also take place.

11 JUNE

Thursday

An international conference at the Lithuanian Academy of Sciences in Vilnius will focus on the latest scientific advances in ageing and longevity research.

12 JUNE

Friday

A high-level policy forum *Healthy Ageing and Health in All Policies – A Strategic Choice for the State* will take place at the Seimas of the Republic of Lithuania.

The International Parliamentary Cooperation Initiative for Healthy Ageing and Longevity will also be officially announced during the forum.

13-14 JUNE

Saturday–
Sunday

The Assembly will conclude with the Innovation and Partnerships Weekend at Medical SPA *Eglės Sanatorija* in Birštonas.

During the weekend, new health technologies and therapies will be presented, alongside partnership-focused activities, and the overall outcomes of the Assembly will be summarised.

Particular attention will be paid to the symposium *Medical SPA Procedures as a Prevention System: More Years of Healthy Life*.

The Assembly brings together the efforts of numerous national and international partners. In today's fragmented and uncertain global environment, the *Healthy Ageing and Longevity Assembly 2026* will unite diverse groups across Lithuania and worldwide in pursuit of a shared goal of healthy longevity, while offering a positive vision for the future.