

Disrupt Aging:

Implications of Living 100



2018 AARP Disrupt Aging Agenda

April 12, 2018 – The Newseum | Washington, D.C.

Implications of Living 100

Life expectancy is growing. Today we're celebrating more centenarians than ever before, in the U.S., and around the globe. Our ability to live longer and lead healthier, more productive lives, is one of mankind's greatest accomplishments.

Thursday, April 12, 2018

- 9:00am** **Arrival**
Attendees explore an immersive exhibit on key trends in longevity and are invited to share their personal point of view on living longer.
- 10:00am** **Opening Remarks and Welcome**
- 10:05am** **Setting the Stage**
Jo Ann Jenkins, Chief Executive Officer, AARP
- 10:15am** **The Evolution of Longevity**
Through powerful animated data, we examine the accelerating trends in longevity over the past century, while addressing the disparities in race, gender, income, education and geography that can be a matter of life and death.
Jonathan Stevens, Senior Vice President, Thought Leadership & International, AARP
- 10:25am** **How Does Living 100 Change the Way We Earn?**
This personal conversation is about the limitations of our current thinking around working and makes the case for a new way of earning and contributing in Living 100.
Suze Orman, The World's Personal Finance Expert

- 10:55am** **How Does Living 100 Change the Way We Learn?**
A thought provoking look at how we should be learning, educating and designing our lives to ensure our extra years in a longer life are the very best they can be - active, enriching and fulfilling.
Dave Evans, Co-Founder, Stanford Life Design Lab and Co-Author, New York Times #1 Bestseller, *Designing Your Life*
- 11:20am** **How Does Living 100 Change the Way We Connect?**
A look at how humans connect with one another, the need for interpersonal relationships, and the case for a new way of connecting in the real probability that in many demographics a child at 10 today will live to 104.
Cheryl Strayed, Author, #1 New York Times bestselling memoir *WILD*; Co-host, Dear Sugar Radio podcast
- 11:45am** **How Does Living 100 Change Our Approach to Health?**
We examine the evolution of personal health over time, revealing the limitations of our current approach and making the case for a new approach to healthy aging that includes personal goals of physical, mental and spiritual health.
Cheryl E. Woodson, MD, Principle, Dr. Cheryl E. Woodson, LLC
- 12:30pm** **A Meal for Living 100**
A lunch experience that provokes thought about the importance of meals and traditions—from nutrition to connection to mindset.
Fabio Trabocchi and **Maria Font Trabocchi**, Restaurateurs
- 1:40pm** **Living 100 Workshops**
A highly interactive workshop, designed to explore and apply the mindsets and behaviors needed to make the most of a longer life.
- 2:50pm** **Wellness for Living 100**
An experience, curated by a master trainer, that gets attendees up and moving—and thinking about how health, wellness, and mindfulness will be an important part of Living 100.
Jeff Halevy, Former Today Show Correspondent; Host of Workout from Within and Chief Executive Officer, Halevy Life
- 3:10pm** **What Does the Future of Aging Look Like: A Kinder, Gentler Clock for Human Development**
Why businesses need a new timeline for our evolving brains, talents and passions in the age of longer lifespans and greater career turnover.
Rich Karlgaard, Editor-at-Large & Global Futurist, Forbes Media
- 3:35pm** **Spirit for Living 100: A Fireside Chat**
A seven-time Emmy-award winning journalist shares stories showcasing resilience, and what it means to live a fulfilled life in the context of Living 100. She will reflect on what she's learned about humanity, and challenge us to change our mindset to not only find purpose in our own lives--but also rethink how we're going to contribute to society in a longer life.
Ann Curry, Emmy Award-Winning Journalist; Executive Producer & Reporter, PBS Series "We'll Meet Again"
Debra Whitman, Executive Vice President & Chief Public Policy Officer, AARP
- 4:05pm** **Taking this Forward - Synthesize, Reflect, Act**
Debra Whitman, Executive Vice President & Chief Public Policy Officer, AARP
- 4:10pm** **Reception**