



WE INVITE YOU

to the joint scientific-practical conference organised by the Lithuanian Academy of Active Longevity (LVIA), Klaipėda University (KU), and Klaipėda State College (KK):

**“PROMOTING HEALTHY AND ACTIVE AGEING IS ALSO THE RESPONSIBILITY OF AGEING PEOPLE THEMSELVES:
A DIALOGUE BETWEEN SCIENCE AND PRACTICE”**

This conference is one of the events of the Healthy Ageing and Longevity Assembly 2026 — an international initiative bringing together politics, science, healthcare practice, and innovation.

The challenge of rapid population ageing compels us to seek new and original solutions on how to keep older people active and creative for longer. The development of a culture of active longevity is one of the most important contemporary challenges facing Lithuania and the wider Western cultural system.

This conference aims to encourage ageing people themselves to take initiative in shaping a new approach in which ageing is viewed not as a period of passive care, but as a stage of active living, creativity, and independence.

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IS ALSO THE RESPONSIBILITY OF AGEING PEOPLE THEMSELVES:
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Organisers of the event:

Lithuanian Academy of Active Longevity, Klaipėda University, and Klaipėda State College

The event will take place on June 10 at the “Magna” auditorium of Klaipėda University,
H. Manto St. 84, Klaipėda
(next to the “Studlendas” IKI shopping centre)

PROGRAMME OF THE EVENT

09:00–10:00 Registration of participants, welcome coffee.

10:00–10:30 Opening of the conference.
Welcome addresses by the organisers and sponsors.

I. BIOLOGY OF AGEING AND HEALTHCARE FOR SENIORS

10:30–10:50

“Demographic, Scientific and Political Aspects of Lithuania’s Rapidly Ageing Society”

Prof. Habil. Dr. Algimantas Kirkutis,
President of the Lithuanian Academy of Active Longevity (LVIA),
Emeritus of Klaipėda University

10:50–11:10

“What Kind of Health Is Encoded in Our Genealogy? The Genetics of Longevity”

Dr. Jūratė Gruodė,
Head of the Medical Genetics Centre, Genetics Clinic, Klaipėda University Hospital

11:10–11:30

“Examples of Active Longevity in Lithuania and the Global Lithuanian Community. The Silver Economy”

Dr. Antanas Vinkus,
Honorary Academician of LVIA,
Representative of the World Lithuanian Community at the Seimas,
physician

11:30–11:50

“Brain Health as a Social Policy Issue: What Are We Missing When Talking About Healthy Ageing?”

Dr. Sonata Mačiulskytė,
Senior Researcher,
Health Research and Innovation Science Centre

11:50–12:10

“Oral Health Problems Among Older Adults and Their Solutions”

Viktorija Paulauskienė,
Department of Oral Care, Klaipėda State College

12:10–13:00 LUNCH

II. LIFESTYLE AND PSYCHOLOGICAL ASPECTS OF AGEING

13:00–13:20

“Contemporary Educational Initiatives for Healthy Ageing and Active Longevity”

Dr. Simona Grigaliūnienė,
Head of the Lifelong Learning Centre,
Klaipėda University

13:20–13:40

“Active Longevity – Long-Term Experience of the Palanga Health School”

Dainius Kepenis,
Honorary Academician of LVIA,
well-known public and political figure

13:40–14:00

“Human and Environment: Challenges and Preconditions for Green Policy Implementation”

Prof. Dr. Elvyra Acienė,
Emeritus of Klaipėda University

14:00–14:20

“What Natural Medicine Can Offer for Managing Rapid Population Ageing”

Prof. Algimantas Olšauskas,
Honorary Academician of LVIA,
Professor at Klaipėda University

14:20–14:40

“The Benefits of Animal-Assisted Therapy in Reducing Social Exclusion Among Seniors”

Loreta Jurkuvienė,
licensed occupational therapist and canine therapy specialist,
and Alva Survilienė,
Master of Educational Psychology

14:40–15:00 COFFEE BREAK

III. CEREMONY OF CONFERRING THE TITLE OF HONORARY ACADEMICIAN OF LVIA

15:00–16:00

LVIA Anthem

- Presentation of the candidate for the title of Honorary Academician of LVIA, attorney Aleksandras R. Domanskis
- Official conferral ceremony of the Honorary Academician title
- Address by the newly appointed Honorary Academician

16:00–16:30

Concert by the Klaipėda University vocal ensemble “Jūros ainės”
(Director: Virginija Manšienė)

16:30–17:00

Summary of the conference results over tea and coffee

Respectfully,

Prof. Algimantas Kirkutis
President of the Lithuanian Academy of Active Longevity (LVIA)

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