

PRESS RELEASE
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FOR IMMEDIATE RELEASE
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**Age Brilliantly (.org) Announce its Academy's Spring Workshop Series:
*Weekly Online Programs Empower Adults to Lead Fulfilling 100-year Lives***

New York, NY. April 19, 2024. Age Brilliantly(.org), the interactive community of adults who want to maximize opportunities to lead (more) fulfilling 100-year lives, announced its Academy's spring online Workshop Series. They will be presented each Tuesday @ 1 PM in May and June. All fees are waived.

"Last year, we introduced these free online workshops to educate and inspire adults on how they can maximize their opportunities to lead a fulfilling 100-year life," said Jerry Cahn, Ph.D., J.D., Age Brilliantly's CEO and CLO. "At every age, we have a choice: live by defaulting to societal norms and other people's lifestyle ideas or take charge of our own lifepaths and make decisions to experience happiness and life fulfillment now and throughout our life adventures. Focusing on the eight life essentials (i.e., health, financials, relationships, careers, passion, purpose, learning and time mastery), the presenters share their subject-area expertise and inspire participants to take actions to create more fulfilling lives. As members share their own challenges and experiences, everyone gains insights on how to apply the information to their own lives."

"For those who want additional information, inspiration, resources, support and tools to make optimal life decisions for their future-selves, Age Brilliantly continues to expand our platform's services, including live workshops and seminars, quizzes and assessments, coaching services, etc."

The Spring online workshops series takes place on consecutive Tuesdays from May 7 to June 25 from 1-2 PM ET. Topics for Academy programs reflect areas of interest to Age Brilliantly's diverse membership. Faculty include industry experts and providers who share members' commitment to take charge of their lives to lead intentional, fulfilling lives throughout a long and healthy lifespan.

The schedule of online workshops is as follows:

May 7: [Happiness and Fulfillment Throughout Your 100-Year Life](#)

May 14: [Broaden Your Horizons with Educational Travel](#)

May 21: [The Nine Steps to an Unlimited Life: Healthy Habits](#)

May 28: [Unlocking Income for Entrepreneurs and Scaling Success](#)

June 4: [Tools for Living a Longer, Healthier Life](#)

June 11: [Solo Ager's: Creating Your Lifetime Plan](#)

June 18: [Financial Freedom IS in Reach: Here's How](#)

June 25: [Core Values: Aligning the Family's Purposes](#)

People can register for individual programs at <https://Academy.AgeBrilliantly.org> and several programs at a time using the [Quick-Register Link: https://academy.agebrilliantly.org/quick-register](https://academy.agebrilliantly.org/quick-register).

"To maximize a 100-year life – something most people didn't grow up believing they might have," concluded Dr. Cahn, "Age Brilliantly is committed to helping adults explore their opportunities, learn to navigate their future-self's lifepath, and eventually achieve a lifestyle that's always embracing life fulfillment. It's gratifying to see members start with one of the workshops and return for others to learn and share with the growing community."

For more information, visit www.AgeBrilliantly.org contact 800-493-1334, or JCahn@agebrilliantly.org.