

February 18, 2022  
Keio University

## **“Global aging, Healthy aging —Where We are and Where We are Going—” International Symposium Hosted by the Extending Healthy Life Expectancy Project Team and KGRI (February 28, 2022)**

The Extending Healthy Life Expectancy Project Team and the Keio University Global Research Institute (KGRI) will hold an international symposium on February 28, 2022 at 7:30 pm (JST). Researchers in various sectors around the world are invited to join and discuss “healthy aging” and what we can do now for ourselves later in life.

### **■Outline**

- Date and time: Monday, February 28, 2022, 7:30 pm – 9:30 pm (JST)
- Venue: Online (Zoom) \*Advance registration required
- Host: The Extending Healthy Life Expectancy Project Team,  
Keio University Global Research Institute (KGRI)
- Language: English (Simultaneous interpretation available)
- Participation: Free
- KGRI website: <https://www.kgri.keio.ac.jp/en/news-event/092686.html>

### **■Content**

As the Japanese population aged over 65 is projected to reach 40 million by 2040, it is an urgent matter to promote prolonged healthy aging in Japan. Now it is time to reconsider the meaning of “healthy aging” on a global scale. We have invited researchers in various sectors around the world to join and discuss “healthy aging” and what we can do now for ourselves later in life. We will be joined by Dr. Douglas K. Sato in Brazil who is a neurologist specialized in gerontology, Dr. Daniel Holman in England who specializes in social sciences, particularly in respect to health inequalities and aging, and Dr. Yasumichi Arai in Japan who has done extensive research on the health of centenarians and the factors that influence longevity from various perspectives. With Dr. Jin Nakahara, a neurologist and the project leader of the Extending Healthy Life Expectancy Project, they will discuss the future of healthy aging and healthy life expectancy.

### **■Program**

1. Opening remarks: Professor Masato Yasui (School of Medicine, Keio University; KGRI Director)
2. Lecture: Professor Jin Nakahara (School of Medicine, Keio University; KGRI Deputy Director)
3. Lecture: Professor Yasumichi Arai (Faculty of Nursing and Medical Care; Graduate School of Health Management; Center for Supercentenarian Medial Research, School of Medicine, Keio University)
4. Lecture: Dr. Daniel Holman (Research Fellow, Healthy Lifespan Institute; Department of Sociological Studies, University of Sheffield)
5. Lecture: Professor Douglas K. Sato (Director, Institute for Geriatrics and Gerontology; School of Medicine, Pontifical Catholic University of Rio Grande do Sul)
6. Discussion and Q&A

## ■Registration

Register online in advance from the following URL  
<https://forms.gle/9qWg7S1tMzAJWuKF6>

\*Note: The Zoom link for the symposium will be automatically generated in a confirmation email that will be sent to the email address provided in the registration form. The confirmation email may end up in a folder other than your Inbox, such as spam folder. If you do not receive the confirmation email within 24 hours of your registration, please check other folders.

## ■Inquiries

The Extending Healthy Life Expectancy Project Team,  
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Please replace [at] with @ in the email address.

\*Please direct any requests or inquires to the contact information provided below.-----

### **Inquiries about press release:**

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