

Welcome Address

Dear colleagues,

It is with great pleasure that [PROGRAMMING COST Action 21122](#), the [European Geriatric Medicine Society](#) and the [European Interdisciplinary Council on Ageing \(EICA\)](#) welcome you to the joint conference **“Healthy Ageing: Current evidence and future perspectives”**, which will take place in Brussels, Belgium on the 23rd of January 2026 at the COST ASSOCIATION headquarters, Avenue du Boulevard – Bolwerklaan 21, 1210 Brussels, Belgium. The conference will be preceded by a day of internal meetings and workshops on 22 January, serving specific aims of the PROGRAMMING COST Action.

The main event, the open conference on 23 January, aims to discuss key scientific topics related to healthy ageing at the midpoint of the UN Decade 2020-2030, to present the most up-to-date evidence, and to highlight future research directions and priorities. It also seeks to promote interdisciplinary collaboration and synergies among scientific organisations, young researchers and civil society representatives. In this regard, distinguished partners such as the Early Career Geriatricians' Initiative and Global Europe Initiative groups of the EuGMS, the Cochrane Global Ageing Thematic group, and the European Academy for the Medicine of Ageing will actively participate by coordinating specific sessions.

For those unable to join us in person, the conference program will be live-streamed, and the session recordings will subsequently be available on demand on the PROGRAMMING CA [website](#).

We sincerely hope that you enjoy the conference and gain inspiring insights into the future of research in the fields of Healthy Ageing and Geriatric Medicine.

Yours sincerely,

Marina Kotsani,
PROGRAMMING CA chair

Mirko Petrovic
EuGMS President and
PROGRAMMING CA co-chair

Cornel Siebel
EICA President elect

Information

The event will take place at the COST ASSOCIATION headquarters, Avenue du Boulevard – Bolwerklaan 21, 1210 Brussels, Belgium. on January 22 (Internal meeting) and 24 (main event), 2026. Official language is English.

STREAMING

Open Sessions will be streamed on zoom at the following link:

<https://us06web.zoom.us/meeting/register/LrMQHB0RSkiKOuO12DBOkq>

Chat function will be available for comments and questions.

The time of sessions in the program is Central European Time (CET). Please adapt to your local time zone.

REGISTRATION

Registration for the event is free for both onsite and online participation.

Even though showing up to the publicly open sessions is possible, pre-registration is strongly recommended. Please use the following link:

<https://us06web.zoom.us/meeting/register/LrMQHB0RSkiKOuO12DBOkq>

Following this you will receive the **formal invitation via the e-**

COST platform that we kindly ask you to accept in order to confirm your participation to the event.

VIDEO RECORDINGS

Most of the event's sessions, will be videorecorded and videos will be accessible on the website and social media of the PROGRAMMING COST Action <https://cost-programming.eu/> and of the EuGMS <https://www.eugms.org>. **Acceptance of the e-COST invitation implies consent for recording and appropriate dissemination.**

A joint conference of PROGRAMMING COST Action 21122,
European Geriatric Medicine Society and
European Interdisciplinary Council on Ageing

(22 and) 23 of January 2026

COST Association - Avenue du Boulevard – Bolwerklaan 21
1210 Brussels | Belgium

Healthy Ageing: Current evidence and future perspectives

Day 1 Thursday 22/01/2026

COST ACTION Internal Meeting – Upon Invitation

ROOM A

10.00 – 17.00: **WG4 workshop: Professionalism within the geriatric team – “the” best practice model of geriatric care**

ROOM B

9.00-17.30: **WG5 workshop: Policy briefs**

Day 2 Friday 23/01/2026 - Morning

MAIN EVENT – OPEN TO ALL

ROOM A

9.00-9.50: **Evidence on the role of nutrition and physical activities on Healthy Ageing**

Chairs: Cornel Sieber, Sofia Duque

- Guidelines on Mediterranean diet: Evidence and missing links
- Physical activity for Healthy Ageing: Evidence and missing links
- Discussion

9.50-10.40: Vaccines and Healthy aging: More than prevention of infectious diseases?

Chairs: Mikaela Nordenfelt, Michael Vassallo

- Burden of respiratory infections (RSV, COVID-19, Influenza, pneumococcus) beyond the acute infection
- Burden of herpes infections in neurology: an update
- Discussion

10.40-11.10: *Coffee break*

11.10-12.00: Geroscience and Healthy Ageing: Real perspective or Myths: Round Table Debate

Chairs: Athanase Benetos, Evrydiki Kravvariti

Debaters: Consuelo Borrás, Magnus Back, Eric Boulanger

12.00-12.50: Health Ageing in a diverse and changing world

Chairs: Anne Ekdahl, Nenad Bogdanovic

- How big data studies can explore diversity
- Health Ageing: Another field for the Artificial Intelligence to conquer?
- Discussion

12.50-14.00: *Mid-day break*

Day 2 Friday 23/01/2026 - Afternoon

MAIN EVENT – OPEN TO ALL

ROOM A

14.00-14.50: Future Directions for Research on Healthcare of Older adults

In collaboration with the EuGMS and the Cochrane Global Ageing Thematic Group

Chairs: Mirko Petrovic, Tahir Masud

- Presentation of the Evidence and Gap Map of Cochrane reviews of interventions relevant to the healthcare of older adults.
- WHO survey on research priorities
- Discussion

14.50-15.40: Healthy Ageing across professional borders

Round table coordinated by EICA

Chairs: Cornel Sieber, Stefania Maggi

- The role of the multidisciplinary team for Health Ageing
- Patient and Public Involvement for Health Ageing
- Discussion

15.40-16.10: Coffee break

16.10- 16.40: Synthesis session: Key messages summarized and audience discussion

In cooperation the ECGI and GEI groups of EuGMS

Chairs: Karolina Piotrowicz, Marina Kotsani

- Key messages summarized
- Discussion

16.40-17.20: Intergenerational dialogues in the Geriatrics family (intergenerational casual style event)

In cooperation with EAMA

Coordinators: Adam Gordon, Sylvie Bonin Guillaume

Senior panel:

Early Career panel: