

Healthy Longevity Masterclass Timetable



16 - 18 November 2026 | 9:00 am - 5:00 pm

DAY

1

UNDERSTANDING AGEING: FROM BIOLOGY TO MEASUREMENT

Theme:

How old are you really? Understanding the science of healthy longevity

Morning: Setting the Foundation

- The programme begins with an introduction to healthy longevity and its growing importance for individuals, organisations, and society. Why this matters to your business and overview of the three-day journey.
- Healthy longevity: from longing to longevity introduces concepts of lifespan, healthspan, and biological age, explaining why ageing itself has become a target for modern medicine and why longevity represents one of the defining societal and economic challenges of the 21st century.
- Breathing and stress resilience: a guided session demonstrating the link between physiology and healthy ageing.

Afternoon: The science of Ageing & Measurement

- The biology of ageing: what actually breaks down, and why, the scientific foundation for functional decline, the relationship between ageing and chronic disease, and everything that follows.
- What can we measure, and what is the evidence: a critical look at biological age testing, from functional assessments to epigenetic clocks, proteomics, wearables, and emerging biomarkers.
- Interactive session: understanding your CGM dashboard, faculty walk participants through their own real-time data.
- Case in point: a leader's view, a guest speaker who has built a longevity strategy shares what worked.



Evening: Dinner & Connection

Hosted dinner with NUS Medicine senior leadership, Programme Director, Co-Programme Director, and invited faculty.

DAY

2

FROM DIAGNOSIS TO INTERVENTION

Theme:

Can we modify the biology of ageing?

Morning: Exercise as medicine

- What actually slows ageing, from lifestyle to drugs, with evidence supporting current and emerging interventions targeting ageing biology.
- Brain-body connection: theory to execution, exercise as one of the most effective interventions available, with hands-on performance testing of strength and balance and dual tasking for cognitive load.

Afternoon: Know your numbers

- Healthy longevity clinical assessments: participants rotate through a panel run by the NUS Academy's Clinical Trial Centre, including circulatory system fitness, skin health, muscle strength, and body composition, building a picture of biological ageing and physiological reserve.



Evening: Networking Dinner

Hosted dinner with fellow participants, faculty, and invited industry guests from the longevity economy.

Informal cross-sector exchange, continuing the day's workshop themes in a collegial setting.

DAY

3

STRATEGY AND LEADERSHIP

Theme:

Leading healthy longevity focused organisations

Morning: The longevity economy

- The longevity ecosystem and economy, how demographic change is reshaping global markets, healthcare, finance, technology, insurance, and consumer products.
- Executive roundtable: your organisation in 2040, facilitated, industry-grouped discussion on how longevity will change participants' workforce, customers, and competitive landscape, closing with a 3-minute strategic roadmap presented by each table.

Afternoon: From insight to action

- Workshop: translating science into strategy, multidisciplinary groups build practical action plans for their own organisations, with faculty facilitating discussion on opportunities, challenges, and measurable outcomes; each participant commits to one strategic initiative.
- Your healthy longevity dashboard, a final, personalised review pulling together each participant's clinical assessment results and CGM data, and inform workforce policy, benefits, and risk thinking.



Evening: Closing Ceremony & Reception

Certificates of participation presented by NUS Medicine leadership, followed by closing remarks and a reception celebrating the completion of the programme.