

10:40 a.m
11:10 a.m

Coffee Break and Poster Session

11:10 a.m
11:30 a.m

KEYNOTE 5

Composite Intrinsic Capacity

Philippe De SOUTO BARRETO, *IHU HealthAge, Toulouse (France)*

11:30 a.m
12:30 p.m

ORAL COMMUNICATIONS

11:30 a.m

OC 27

Virtual rehabilitation improves frailty index: A feasibility randomized controlled trial of virtual GERAS DANCE

Alexandra Papaioannou, *McMaster University, Hamilton Health Sciences - Hamilton (Canada)*

11:40 a.m

OC 28

Acute Resistance Exercise Elevates Regulators of Collagen Breakdown in Healthy Human Skeletal Muscle Irrespective of Age

Allyson Schweitzer, *University Of British Columbia - Vancouver (Canada)*

11:50 a.m

OC 29

Novel Senolytic Peptides Alleviate Sarcopenia and Frailty in Naturally Aged Mice by Targeting Senescent Cells

Kevin Slawin, *Eos Senolytic, Inc. - Houston, TX (United States)*

12:00 p.m

OC 30

Skeletal Muscle Energetics and Lower Urinary Tract Symptoms: The Study of Muscle, Mobility and Aging

Scott R. Bauer, *University of California at San Francisco (UCSF) - San Francisco, CA (United States)*

12:10 p.m

OC 31

Predicting discharge home in people admitted to hospital with frailty using artificial intelligence: Preliminary findings of an observational cohort study

Jennifer Jones, *The University of Melbourne - Parkville (Australia)*

12:20 p.m

OC 32

Association of physical activity and sedentary behaviour with changes in intrinsic capacity in Spanish older adults: a prospective population-based study

Juan Luis Sanchez Sanchez, *IHU HealthAge - Toulouse (France)*

12:30 p.m
2:00 p.m

Lunch Break and Poster Session

2:00 p.m
2:45 p.m

SESSION: HEALTHY LONGEVITY INNOVATIONS: IMPLICATIONS FOR SARCOPENIA

2:00 p.m

Space travel and accelerated aging: Evidence of a 14-day bed rest study on frailty and the microbiome

Joanna Blodgett, *University College London, London (United States)*

2:15 p.m

Healthy Longevity Actions: From Research to Implementation

Liang-Kung Chen, *National Yang Ming Chiao Tung University, Taipei (Taiwan)*