



HEALTHY AGEING CAN BE ACHIEVED

The International Research Centre for Healthy Ageing and Longevity Ltd. (IRCHAL) is a non-profit charitable corporate entity subject to Australian Government audit.

The mission of the International Research Centre for Healthy Ageing & Longevity is to promote Healthy Ageing & Longevity through interdisciplinary collaboration amongst the world's leading experts on health and ageing, and the dissemination of evidence-based knowledge throughout the nations of the developed and developing world for the betterment of humankind.

IRCHAL is collaborating with the world's leading researchers and clinicians working in the areas of:

- Latest research on Ageing and Health-Span/Life-Span Research;
- The Prevention, Early Detection and Treatment of Ageing-Related Diseases and Dysfunctions;
- Evidence-based benefits of Active and Healthy Lifestyles to increase Quality and Length of Life;
- The promotion of the concept "Healthy Ageing Begins at Birth"[™] ;
- Latest research on Aged Care and "Age-Friendly" Health Care Centres;
- Integrating Healthy Ageing Strategies into Clinical Practice.

Objectives of the Centre

The objectives for which the Centre has been established are:

- a) To promote healthy ageing and longevity throughout the nations of the developed and developing world by increasing life expectancy at every age in the human lifespan;
- b) To educate the community regarding safe and effective ways to prevent, intervene or minimise the disabilities, diseases, and dysfunctions that currently constrain healthy ageing and longevity;
- c) To facilitate scientific research in the field of ageing and the collection and dissemination of clinical and scientific evidence regarding healthy ageing and longevity;
- d) To facilitate conferences & lectures and to disseminate educational material (including books, pamphlets, newspapers, films, audiotapes, videotapes, DVDs & CD-ROMs) regarding healthy ageing and longevity;
- e) To render voluntary aid, either with or without conditions, to approved institutions, educational establishments, organisations & individuals working to further the objectives of the Centre;
- f) To purchase, lease or otherwise acquire or improve land or buildings, and to furnish same, for the purpose of providing a physical base, physical facilities and necessary furniture equipment & chattels to persons or incorporated entities, approved by the Board, who or which are working to further the objectives of the Centre;
- g) To cooperate with national and international organisations in the field of ageing in efforts to pursue the aforementioned objectives.

The Centre's research forms the basis of Annual Conference Programmes for the International Conferences on Healthy Ageing and Longevity (www.longevity-international.com), and the dissemination of the information internationally. The Centre has an International Advisory Council to assist in the Centre's research and development.

International Advisory Council:

- 1) **Dr. Alexandre Sidorenko**, MD, PhD. Chief, United Nations Focal Point on Ageing, Division for Social Policy & Development, New York, NY, USA.
- 2) **Prof. Gary Andrews**, MD, PhD. Professor of Ageing, University of South Australia and Professor and Director of the Centre for Ageing Studies, a WHO Collaborating Centre on Population Ageing and an affiliated Research Centre of Flinders University and the University of South Australia. Academic Director of the Australian Centre for Community Ageing. Immediate-Past President of the International Association of Gerontology.
- 3) **Prof. Helen Bartlett**, PhD, MSc, BA. Foundation Director, Australasian Centre on Ageing, The University of Queensland, Brisbane, QLD, Australia.
- 4) **Dr. Reubin Andres**, PhD. Clinical Director, National Institute on Aging, National Institutes of Health, Baltimore, MD, USA.
- 5) **Prof. Leonard Hayflick**, PhD. Professor of Anatomy, School of Medicine, University of California, San Francisco, CA, USA.
- 6) **Prof. Rudolph E. Tanzi**, PhD. Professor of Neurology (Neuroscience) Director, Genetics and Aging Research Unit, Massachusetts General Hospital and Harvard Medical School, Charlestown, MA, USA.
- 7) **Prof. John McCallum**, BEcon Hons Psych(Qld), MPhil, DPhil(Oxon), Deputy Vice-Chancellor, University of Victoria and Director of TAFE, Melbourne, VIC, Australia.
- 8) **Prof. Hal Kendig**, AB (Calif), MPL, PhD (SCalif), FASSA. National Convener, ARC-NHMRC Research Network on Ageing Well. Research Professor of Ageing and Health, University of Sydney, NSW, Australia.
- 9) **Prof. S. Jay Olshansky**, PhD. Professor, School of Public Health, University of Illinois, Chicago, IL, USA.
- 10) **Assoc. Prof. Bruce A. Carnes**, PhD. Associate Professor, Reynolds Department of Geriatric Medicine, University of Oklahoma College of Medicine, Oklahoma, OK, USA.
- 11) **Prof. Anthea Tinker**, PhD. Professor of Social Gerontology, Institute of Gerontology, King's College London, London, England.
- 12) **Prof. Suresh Rattan**, DSc, PhD. Research Professor, Danish Centre for Molecular Gerontology, Department of Molecular Biology, University of Aarhus, Aarhus, Denmark.
- 13) **Dr. Donald Ingram**, PhD. Acting Chief, Laboratory of Experimental Gerontology, Gerontology Research Center National Institute on Aging, National Institutes of Health, Baltimore, MD, USA.
- 14) **Dr. George S. Roth**, PhD. CEO, GeroScience Inc.; Senior Guest Scientist, National Institute on Aging, National Institutes of Health, Baltimore, MD, USA.
- 15) **Dr. S. Mitchell Harman**, MD, PhD. Director and President, Kronos Longevity Research Institute, Phoenix, AZ, USA.

- 16) **Dr. Bradley J. Willcox**, MD, MSc. Clinical Assistant Professor, Department of Geriatrics, John A. Burns School of Medicine, University of Hawaii. Investigator, Geriatrics, Pacific Health Research Institute, Honolulu, Hawaii, USA. Co-Principal Investigator, Okinawa Centenarian Study, Japan.
- 17) **Dr. D. Craig Willcox**, MD, MSc. Assistant Professor, Okinawa Prefectural University-College of Nursing, Naha City, Okinawa, Japan. Co-Principal Investigator, Okinawa Centenarian Study. Research Associate, Pacific Health Research Institute, Honolulu, Hawaii, USA.
- 18) **Prof. Thomas Perls**, MD, PhD. Director, New England Centenarian Study. Assistant Professor of Medicine, Geriatrics Section, Department of Medicine, Boston University, Boston, MA, USA.
- 19) **Dr. James Joseph**, PhD. Lead Scientist, Laboratory Chief, Laboratory of Neuroscience, Jean-Mayer USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA, USA.
- 20) **Prof. Brian Morris**, PhD, DSc, FAHA. Professor, Basic & Clinical Genomics Laboratory, School of Medical Sciences, University of Sydney, NSW, Australia.
- 21) **Prof. Marc Cohen**, PhD, MB BS(Hons), BMedSc(Hons), FAMAC. President, Australasian Integrative Medicine Association (AIMA). Founding Head, Department of Complementary Medicine, RMIT University, Bundoora, VIC, Australia.
- 22) **Prof. Stephen P. Myers**, PhD, BMed, ND. Director, Australian Centre for Complementary Medicine Education and Research (ACCMER), a joint venture of the University of Queensland and Southern Cross University, Australia.
- 23) **Prof. Rhonda Nay**, PhD. Director Gerontic Nursing Clinical School and ACEBAC, La Trobe University/ Bundoora Extended Care Centre, Bundoora, VIC, Australia.
- 24) **Prof. Brian F. C. Clark**, PhD, ScD. Professor of Biostructural Chemistry, Institute of Molecular Biology, University of Aarhus, Denmark. Chairman, Task Group on International Relations (TGIR), European Federation of Biotechnology (EFB). Leader, Danish Centre for Molecular Gerontology, Institute of Molecular Biology, University of Aarhus, Denmark.
- 25) **Prof. Anthony W. Linnane**, AM, DSc, PhD, FAA, FTSE, FRS. President, Australian Society for Cellular and Molecular Gerontology (ASCMG); Managing Director, Centre for Molecular Biology & Medicine, Richmond, VIC, Australia.
- 26) **Prof. Graham D. Burrows**, AO, KCSJ, MD ChB, BSc, DPM, FRANZCP, FRCPsych, MRACMA, Dip.M.Hlth.Sc(Clinical Hypnosis), FACHAM. Chairman, Mental Health Foundation, Australia. Professor of Psychiatry, Austin Health, Austin Hospital, Heidelberg, VIC, Australia.
- 27) **Prof. David Le Couteur**, PhD, FRACP. Professor of Geriatric Medicine, Center for Education and Research on Ageing (CERA), University of Sydney, NSW, Australia.
- 28) **Dr. Michael Fossel**, MD, PhD. Clinical Professor of Medicine, Michigan State University, East Lansing, MI, USA.