



Morning Session: 08:45 – 12:00

08:45 – 08:50	Log in and assembly of participants in Teams	
08:50 – 09:00	Summary of the Longevity Workshop	Executive Team ReALity
09:00 – 09:10	Introduction	Marion Silies
09:10 – 09:40	Psychological Resilience: Mental Health despite Adversity	Raffael Kalisch
Short talks: 3 min each	Thematical group 1 R. Strauss W. Kelsch / M. Mueller B. Lutz K. Petrowski A. Tibubos P. Nicklas/ M. Beutel / K. Wöfling	Chair: Raffael Kalisch
09:40 – 10:00	Discussion	Chair: Raffael Kalisch
10:00 – 10:20	Coffee Break	
10:20 – 10:50	Microbiota-Host Interactions and Vascular Resilience	Christoph Reinhardt
Short talks: 3 min each	Thematical group 2 K. Schäfer D. Schuppan (Intestine microbiome) K. Endres N. Soshnikova R. Stauber S. Tenzer	Chair: Christoph Reinhardt
10:50 – 11:10	Discussion	Chair: Christoph Reinhardt
11:10 – 11:40	Immune-Body Interactions and Immune Resilience	Ari Waisman
Short talks: 3 min each	Thematical group 3 H. Echchannaoui B. Guezguez D. Schuppan (ECM) A. Régnier-Vigouroux P. Wild / O. Tüscher	Chair: Ari Waisman



11:40 – 12:00 Discussion Chair: Ari Waisman

12:00-14:00 Break

Afternoon Session: 14:00 – 16:30

14:00 – 14:30 **Flexibility and robustness of nervous system function** Marion Silies

Thematical group 4

M. Heine
T. Bergmann
S. Rumpel
A. Methner
C. Jacob

Chair: Marion Silies

14:30 – 14:50 Discussion Chair: Marion Silies

14:50 – 15:20 **RNA promoting Resilience and Robustness on the molecular scale** Brian Luke

Thematical group 5

P. Beli
S. Foitzik
F. Marini
S. Schweiger
K. Strauch
E. Thines

Chair: Brian Luke

15:20 – 15:40 Discussion Chair: Brian Luke

15:40 – 16:00 **Wrap up and summary** Raffael Kalisch

16:00 – 16:30 **Strategic discussions of research focus and overlap with Longevity** Moderated by the Executive Team

