

International Conference for Healthy Aging and Mental Wellbeing

Date: November 22-23, 2025

Venue: National Health Research Institute, Taiwan





Address: 35, Keyan Road, Zhunan Town, Miaoli County, Taiwan

Intended Audience: researchers, clinicians, public health professionals, policy leaders, and graduate students in the fields of public health and aging. Limited to 200 attendees.









Organized by: National Center for Geriatrics and Welfare Research, National Health Research Institutes (NHRI)

< Day 1: Sat. Nov.22 2025 >

| International Conference Hall | | |
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| Time | Topic | Speaker |
| 9:30-9:50 | Welcome Speech | |
| | Time for Photos | |
| 9:50-10:40 | Keynote speech (1) Moderator Prof. Chih-Cheng Hsu (許志成) Executive Director, National Center for Geriatrics and Welfare Research, National Health Research Institutes, Taiwan.  | |
| | Public and private partnership to promote Healthy Aging and mental wellbeing in the super-aged era | Prof. Yik Ying Teo (張毅穎) Vice-President (Global Health), National University of Singapore; Dean, Saw Swee Hock School of Public Health, National University of Singapore and National University Health System, Singapore.  |
| 10:40-11:30 | Keynote speech (2) Moderator : Prof. Masahiro Akishita (秋下雅弘) CEO & President, Tokyo Metropolitan Institute for Geriatrics and Gerontology, Japan.  | |
| | Affective neuroscience of aging and its potential role in Alzheimer's disease. | Prof. Mara Mather Professor, University of Southern California, USA.  |
| 11:30-13:30 | Oral and poster competition Lunch | |
| | Symposium A Healthy Aging and Psychological Wellbeing: Evidence from Cohort Studies in Asia Moderator : Prof. Rei Otsuka (大塚 礼) Professor, National Center for Geriatrics and Gerontology, Japan.  | |
| | Work conditions and psychological health: evidences from Healthy Aging Longitudinal Study in Taiwan. | Dr. Wan-Ju Cheng (鄭婉汝) Associate Investigator, National Center for Geriatrics and Welfare Research, National Health Research Institutes, Taiwan.  |
| 14:00-14:30 | Gerotranscendence and psychological wellbeing in older adults: A cohort-based study on healthy aging in Korea. | Dr. Minjeong AN Professor, Chonnam National University College of Nursing, Korea.  |
| 14:30-15:00 | Differential associations between physical frailty and aspects of well-being: Evidence from NILS-LSA. | Dr. Yukiko Nishita Associate professor, National Center for Geriatrics and Gerontology, Japan.  |
| 15:00-15:20 | Q&A | |

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| 15:20-15:40 | Break | | |
| | <div>Symposium C</div> <div>Neuroscience of Aging: From Brain Function to Cognitive Resilience</div> <div>Moderator :</div> <div>Prof. Yu-Ling Chang (張玉玲)</div> <div>Distinguished Professor, Department of Psychology, National Taiwan University, Taiwan.</div> | |  |
| 15:40-16:10 | Cognitive Interventions for Smart Ageing. | <div>Prof. Ryuta Kawashima (川島隆太)</div> <div>Professor, Tohoku University, Japan.</div> |  |
| 16:10-16:40 | The Pivotal Role of Language in Aging: Cognitive Reserve and Resilience. | <div>Prof. James H-Y. Tai (戴浩一)</div> <div>Director, Institute of Linguistics of National Chung Cheng University, Taiwan.</div> |  |
| 16:40-17:10 | Integrating Brain Imaging and AI: Applications in Aging and Neurological Disorders. | <div>Dr. Juan Helen Zhou (On-Line)</div> <div>Associate Professor, National University of Singapore, Singapore.</div> |  |
| 17:10-17:30 | Q&A | | |
| 18:00- | Welcome Dinner Party (By Invitation Only) | | |

< Day 2: Sun. Nov.23 2025 >

| International Conference Hall | | |
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| Time | Topic | Speaker |
| Moderators | | |
| Prof. Wei J. Chen (陳為堅) Vice President, National Health Research Institutes, Taiwan. | |  |
| Dr. Tzung-Jeng Hwang (黃宗正) Chief, Division of General and Geriatric Psychiatry, Department of Psychiatry, National Taiwan University Hospital, Taiwan. | |  |
| 9:30 – 10:00 | Positive Aging, Wisdom, and Neuroplasticity of Aging. | Prof. Dilip V. Jeste (On-Line) President-Elect, World Federation for Psychotherapy, Geneva, Switzerland.  |
| 10:00-10:30 | Suicide in older people in Taiwan: recent trends, risk factors, and implications for prevention. | Prof. Shu-Sen Chang (張書森) Director, Institute of Health Behaviors and Community Sciences, College of Public Health, National Taiwan University, Taiwan.  |
| 10:30-10:50 | Q&A | |
| 10:50–11:00 | Break | |
| Moderators | | |
| Prof. Cheng-Sheng Chen (陳正生) Chief, Department of Psychiatry, Kaohsiung Medical University Hospital, Taiwan. | |  |
| Prof. Meng-Chih Lee (李孟智) Consultant and Past Superintendent, Taichung Hospital, Ministry of Health and Welfare, Taiwan. | |  |
| 11:00-11:30 | Isolation, loneliness, and Suicide in late life. | Prof. Diego de Leo (On-Line) Emeritus Professor of Psychiatry, Griffith University, Brisbane, Australia. (Top Italian Scientist in Neurosciences & Psychology)  |
| 11:30-12:00 | The Silent Revolution: Finland’s Pragmatic Path to Digital Aging and Wellbeing. | Mr. Tomi Laitinen Senior Adviser, Ministry of Social Affairs and Health, Finland.  |
| 12:00-12:20 | Q&A | |
| 12:20-12:40 | Award and Closing Remark | |