



A Report from The Stanford Center on Longevity

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Align Health
Spans to Life Spans



Invest in Future Centenarians
to Deliver Big Returns

Prepare to Be Amazed
by the Future of Aging



Make the
Most of the
100-year
Opportunity



Life Transitions Are
a Feature, Not a Bug



Learn
Throughout
Life



100 Years
To Thrive



Build Financial Security
From the Start



Age Diversity is a Net Positive
for Societies – and the
Bottom Line



Work More Years,
with More Flexibility



Build Longevity-
Ready Communities



The Road
Ahead