

# Manifesto

We, members of the **AEON Foundation**, dedicated to promoting policies and knowledge on aging and longevity, based on the latest scientific and technological research in the field, unite to adopt a manifesto that embodies our principles and purpose.

*We undertake this commitment in the name of progress and individual well-being.*

- **Human Dignity:** We affirm the inherent dignity of every human being, irrespective of age. We believe that aging should never serve as a basis for discrimination or marginalization. Instead, it should be viewed as an opportunity to recognize and value the wisdom, experience, and contributions of older individuals to society.
- **Health and Well-being:** We advocate for the promotion of optimal health and well-being for people of all ages. It is our belief that preventing diseases and enhancing the quality of life should be ongoing societal priorities, fostering healthier and more fulfilling lives for individuals throughout the aging process.
- **Scientific Research:** We value and support rigorous scientific research as the foundation for understanding the complexities of aging and advancing sustainable longevity. We emphasize the importance of adequate funding, equitable access, and collaborative efforts among scientists, academic institutions, and industry stakeholders to drive breakthroughs in this field.
- **Holistic Approach:** We recognize that aging encompasses various dimensions, including physical health, mental well-being, social relationships, and environmental factors. Embracing a holistic approach is essential for promoting comprehensive and successful aging, ensuring that individuals thrive in all aspects of their lives.
- **Equity and Democratization:** We are committed to fostering a world where aging and longevity are accessible to all, regardless of socioeconomic status, ethnicity, gender, or geographic location. We actively work to address disparities and inequalities, striving to provide equal opportunities and resources to promote healthy aging for everyone.
- **Awareness and Education:** We recognize the power of knowledge, education, and raising awareness to address the challenges and misconceptions surrounding aging and longevity. By disseminating accurate and accessible information, we aim to debunk myths, dispel stereotypes, and empower individuals to make informed decisions about their well-being.
- **Ethical Technological Advancements:** We advocate for the responsible development and deployment of emerging technologies to enhance aging and longevity. We support ethical considerations, including privacy protection, informed consent, and transparency, to ensure that technological innovations benefit individuals and society as a whole.
- **Sustainable Environments:** We acknowledge the importance of creating sustainable environments that promote healthy aging. This includes sustainable urban planning, access to green spaces, and the development of age-friendly communities that support social connections, active lifestyles, and the well-being of older adults.
- **Interdisciplinary Collaboration:** We encourage collaboration among diverse disciplines, such as healthcare professionals, researchers, policymakers, community leaders, and older adults themselves. By fostering multidisciplinary approaches, we can generate comprehensive strategies and innovative solutions to address the complex challenges of aging and longevity.
- **Global Engagement:** We actively engage in global dialogue and collaboration to exchange knowledge, experiences, and best practices on aging and longevity. Recognizing that aging is a universal phenomenon, we advocate for international cooperation and partnerships to create a shared vision and work collectively toward a future that embraces the potential and possibilities of longer, healthier lives for all.