

# *International Longevity Seminar gets underway in Havana*

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Havana, April 17 (RHC)--A walk for life will be the opening act on Tuesday for the 15th international Longevity Seminar slated to run from April 17 through 20 in Havana.

The encounter is organized by the Medical Association of the Caribbean, and the 120 years Club.

The meeting proposes an exchange of experiences on how to extend the life of human beings with better quality. There will also be discussions on sexuality, nutrition, health, motivation and physical activity, among other topics.

The event takes place in a country that is experiencing an important growth in its adult population.

In Cuba, life expectancy is of 78,8 years, with 81.3 years for women and 76,5 years for men.

The steady rise in the number of older adults within Cuba's overall population is linked to the country's economic, social, demographic, and environmental sustainability.

It is estimated that by 2050 Cuba will be one of the countries with the oldest population in the world.

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