

- **Symposium "Fighting muscle weakness when we get old"** hosted by prof. Henning Wackerhage (Technical University of Munich, TUM) and prof. Aivaras Ratkevičius (LSU). **Lithuanian Sports University, LSU) Sporto g. 6, Kaunas. Lecture hall C.R. 215, 23rd November 2018**
- 13:00; Opening of the Symposium prof. Aivaras Ratkevičius (LSU)
- 13:05; "Sarcopenia; Why do our muscles age and what can we do about it?" Prof. Henning Wackerhage (TUM)
- 13:40; "Aerobic endurance training combined with strength training: Effects on muscle quality". Prof. Tomas Venckunas (LSU)
- 14:00; "Omega-3 fatty acids – a potential tool in the treatment of sarcopenia". Dr. Stuart R. Gray (University of Glasgow, U.K.)
- 14:20; "Effects of caloric restriction on young and ageing muscle". Prof. Aivaras Ratkevičius (LSU)
- 14:40 "Effects of high-intensity exercise on skeletal muscle function in young and elderly". Prof. Sigitas Kamandulis (LSU). This work was supported by the **Research Council of Lithuania** [Grant no. SEN-08/2016].
- 15:00; "Predisposed to muscle weakness from birth? What can be done about it?" Dr. Arimantas Lionikas (University of Aberdeen, U.K.)
- 15:20; OPEN DISCUSSION "Fighting muscle weakness when we get old " led by prof. Henning Wackerhage
- 15:50; Concluding remarks, prof. Aivaras Ratkevičius

The symposium is supported by the Baltic – German university Liaison office