CONVENED BY *Landers StratAGEy*



THE HEALTH & AGING

Strategy Retreat

November 9–11, 2026

THE SEA PINES RESORT, HARBOUR TOWN
HILTON HEAD ISLAND

Program & Agenda

A WELCOME FROM YOUR HOST

Welcome to Harbour Town

Thank you for joining us for the first Health & Aging Strategy Retreat. You are part of the founding group, and what we build together this week will shape the retreats that follow.

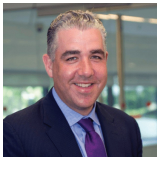
We are meeting the week after the 2026 elections. Our conversations with Chiquita Brooks-LaSure and Governor Chris Christie will help us think through what the results mean for Medicare, Medicaid and the business of aging.

Most of the program is time with each other. Peer Connections on Tuesday and Wednesday puts you at a table with colleagues working on the same questions you are. The afternoons are open for golf, tennis, the water or a quiet hour. Dinner and the porch are where much of the real conversation will happen.

I am grateful to Christopher Rinn for moderating our conversation with Governor Christie, and to the Sea Pines team for their care with every detail.

With every personal regard,

Steve Landers



Steve Landers, MD, MPH

Founder & Host

Geriatrician, inaugural President and CEO of the National Alliance for Care at Home, and former President and CEO of VNA Health Group.

HELD UNDER THE CHATHAM HOUSE RULE

"Participants are free to use the information received, but neither the identity nor the affiliation of the speaker(s), nor that of any other participant, may be revealed."

All sessions are off the record. Please speak freely, and give others the same confidence.

DAY ONE

Monday, November 9

Arrival & Welcome

A leisurely arrival at Harbour Town, followed by an evening of connecting with fellow guests.

Noon
to 5:30 PM

Arrivals & Registration

◆ **The Inn & Club at Harbour Town**

Hotel check-in from 3:00 PM. Airport transfers from Hilton Head and Savannah.

NOTES

Noon
to 5:30 PM

EARLY ARRIVALS

Explore on Your Own

The beach & Sea Pines Beach Club, by resort shuttle. **Sea Pines Forest Preserve**, trails and walking paths. **Sea Pines Fitness Center**, by resort shuttle. **Pickleball & tennis** at Sea Pines Racquet Club.

5:45 PM
to 6:45 PM

Welcome Social

◆ **Heritage Room & Porch**

Cocktails and passed hors d'oeuvres on the porch above the Links, with our artists in residence, Sarah and Kelly, a Nashville duo.

6:45 PM
to 8:15 PM

Opening Dinner

◆ **Heritage Room**

A Lowcountry dinner at assigned tables, with introductions and topics to start the conversation. Welcome from our host, Dr. Steve Landers: *"Why Are We Here?"* and *"Aging in America in 2026."*

8:15 PM
to 10:00 PM

Music & Hang

◆ **Heritage Room & Porch**

Coffee, a nightcap and Sarah and Kelly taking requests.

ATTIRE Country club casual for all functions in the Heritage Room and Clubhouse.

DAY TWO

Tuesday, November 10

Connection & Substance

7:00 AM to 8:15 AM

Breakfast

◆ **Heritage Room**

NOTES

8:30 AM to 10:00 AM

FEATURED CONVERSATION

Perspectives on the Future of Medicare & Medicaid

A conversation with Chiquita Brooks-LaSure

Founder, Willingbridge Strategies
Former Administrator, Centers for Medicare & Medicaid Services

Where Medicare and Medicaid stand today, and the coverage and payment decisions likely to come before the next Congress and the 2028 campaign.

◆ **Heritage Room**

10:00 AM to 10:30 AM

Break

◆ **Heritage Room**

10:30 AM to 11:45 AM

Peer Connections

◆ **Heritage Room**

Structured conversations about the future. Tables, groups and topics are assigned.

GOLFERS

Noon to 12:54 PM

TEE TIMES

Golf at Harbour Town Golf Links

Pete Dye's 1969 design and home of the PGA TOUR's RBC Heritage. Lunch at the Halfway House or snack cart.

NON-GOLFERS

Noon to 1:00 PM

Relaxed Networking Lunch

◆ **Heritage Room, open seating**

HOSPITALITY SUITE Davis Love III Boardroom, 11:30 AM to 5:30 PM.

Tuesday, November 10

Afternoon & Evening

1:30 PM to 5:00 PM — Networking Activities

CHOOSE ANY ACTIVITY, SIGN UP AT REGISTRATION

1:30 – 2:30 PM

Dolphin cruise with captain

◆ **Harbour Town Yacht Basin**

One hour on Calibogue Sound to see bottlenose dolphins. A short walk from the Inn.

1:30 – 2:30 PM

Yoga *with Nick Donato*

◆ **Sea Pines Fitness Center**

A gentle class focused on movement and breathing. Resort shuttle.

1:30 – 3:00 PM or 3:30 – 5:00 PM

Cardio tennis or pickleball

◆ **Sea Pines Racquet Club, with Patrick O'Keefe**

Tennis drills for all levels, or a pickleball clinic.

1:30 – 4:30 PM

Open bar at the Beach Club

◆ **Sea Pines Beach Club**

Drinks on the deck above the beach, with Sarah and Kelly. Resort shuttle.

3:30 – 4:30 PM

Cardio, Core & More *with Polly Stidham*

◆ **Sea Pines Fitness Center**

Aerobics, Pilates and stretching. Resort shuttle.

3:30 – 5:00 PM

Holiday Wine Experience

◆ **Heritage Room**

Sommelier Nick Osterfoss pours six wines with artisanal cheeses.

5:45 PM to 6:45 PM — The Gathering

◆ **Heritage Room & Porch**

Cocktails and music.

NOTES

6:45 PM to 9:00 PM

DINNER & FEATURED CONVERSATION

The Post-Election Fireside

Governor Chris Christie

Two-Term Governor of New Jersey

Moderated by Christopher Rinn, President & CEO, VNA Health Group

An off-the-record conversation on what the midterm results mean for Medicare, Medicaid and the longevity economy heading into 2028.

◆ **Heritage Room**

DAY THREE, VETERANS DAY

Wednesday, November 11

Activities & Farewell

VETERANS DAY Today we honor those who served and their families. A portion of our proceeds will support the Marine Corps Scholarship Foundation.

GOLFERS

6:30 AM to 7:00 AM

Continental Breakfast

◆ **Harbour Inn Café**

NOTES

6:45 AM to 7:30 AM

Shuttle to Atlantic Dunes

◆ **Departs The Inn & Club**

Please check out first. Check-out is 11:00 AM. Leave your bags with the Inn front desk, which will hold them until you return. Continuous loop until all golfers are out.

7:30 AM to 8:24 AM

TEE TIMES

Golf at Atlantic Dunes

◆ **Plantation Clubhouse**

Davis Love III's maritime-forest course. Full-service locker room and showers at the clubhouse. Return shuttle on call.

NON-GOLFERS

8:00 AM to 9:30 AM

Breakfast & Peer Connections

◆ **Heritage Room**

Peer Connections at 8:30 AM, with assigned tables and topics.

10:00 AM to 11:30 AM

CHOOSE

Networking Activities (details on page 5)

10:00–11:00 Dolphin cruise

10:00–11:00 Cardio, Core & More

10:00–11:30 Cardio tennis or pickleball

EVERYONE

12:15 PM to 1:30 PM

Farewell Lunch

◆ **Heritage Room**

Grab-and-go, open seating. Departures and airport transfers from the Inn at 1:30 PM.

FEATURED CONVERSATIONS

Our Special Guests



Governor Chris Christie

TWO-TERM GOVERNOR OF NEW JERSEY

Chris Christie served two terms as the 55th Governor of New Jersey, taking office in January 2010 and winning re-election in 2013 with 60% of the vote. He chaired the Republican Governors Association in 2014 and was a Republican candidate for President in 2016 and 2024.

In 2017, he chaired the President's Commission on Combating Drug Addiction and the Opioid Crisis. As Governor, he led the six-year challenge to the federal ban on sports gambling, won before the U.S. Supreme Court in 2018. He previously served as U.S. Attorney for the District of New Jersey. He is the author of the *New York Times* best seller *Let Me Finish*, *Republican Rescue* and *What Would Reagan Do?*, a Senior Fellow at Yale's Jackson School of Global Affairs and an ABC News contributor.

Tuesday, 6:45 PM: The Post-Election Fireside



Chiquita Brooks-LaSure

FORMER ADMINISTRATOR, CENTERS FOR MEDICARE & MEDICAID SERVICES
FOUNDER, WILLINGBRIDGE STRATEGIES

Chiquita Brooks-LaSure led the Centers for Medicare & Medicaid Services from 2021 to 2025, an agency that oversees more than $1.4 trillion in annual spending and covers more than 160 million Americans.

Under her leadership, CMS doubled Affordable Care Act enrollment from 12 to 24 million, expanded Medicaid, raised maternal health standards and oversaw the first Medicare drug price negotiations. As a House Ways and Means Committee aide she helped write and pass the Affordable Care Act, then worked on its implementation at HHS. Modern Healthcare named her the most influential person in health care in 2023. She is a member of the National Academy of Medicine.

Tuesday, 8:30 AM: Perspectives on the Future of Medicare & Medicaid

GOOD TO KNOW

The Health & Aging Strategy Retreat, November 9–11, 2026

WI-FI

NETWORK	PASSWORD
The Sea Pines Resort	SPRMeeting48!

KEY CONTACTS

Steve Landers, MD, MPH — **732-759-4028**
Founder & Host

Marybeth Ream — **908-400-4234**
Special Events Coordinator. Call for anything you need.

FINDING YOUR WAY

Heritage Room	Harbour Town Clubhouse, second level. A short walk from the Inn.
Harbour Town Yacht Basin	Dolphin cruises. A 5 to 10 minute walk from the Inn.
Sea Pines Racquet Club	Tennis and pickleball, 5 Lighthouse Ln. A short walk from the Inn.
Sea Pines Fitness Center	About a mile away; resort shuttle.
Sea Pines Beach Club	Call the Inn front desk 15 minutes ahead for a shuttle.
Davis Love III Boardroom	Hospitality suite. Tue 11:30 AM–5:30 PM, Wed 9:00–11:30 AM.

ATTIRE

Country club casual for all functions. Collared shirts for golf.