

Aging is associated with macromolecular damage, decline in cell stress responses, altered epigenetics, reduced stem cell capacity, increased senescence, inflammation and imbalanced proteostasis. These processes of Geroscience collectively determine the functional health of the cell. We have identified an epigenetic program that initiates proteostasis collapse in *C. elegans*, at the onset of reproductive maturity, resulting in protein misfolding and aggregation which at the proteome-level challenges metastable proteins on the edge of solubility. We show that these events, while leading to a myriad of protein conformational diseases can be prevented by preventing the dysregulation of the heat shock response.