



Hello,

This week we learn about a new possible link between aging and anti-cancer immunity, why exercise is so beneficial to healthy aging and we learn about a new tool that could better predict brain health as we age. We also learn about research into healthy aging in the LGBTQ community from Penn State's Engage podcast.

Additionally, we get a look at an interesting new study that uses blood cell and footstep counts to conclude that humans could live up to 150 years—but also indicates that could be a hard limit.

Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.



All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.

Edwina Rogers, CEO
Global Healthspan Policy Institute

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Hollings research finds new link between aging, cancer and mitochondrial function in T-cells

Researchers have identified a potential link between aging, metabolism and anti-cancer immunity

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GHPI Coalition Grows to Over 90 Members

Our coalition includes 25 major US organizations and 16 major international organizations. Will yours be next?

By joining the coalition you get access to the GHPI fellows, top experts in aging research. You gain more influence over national and world events. You are invited to our pilot projects. You get access to healthspan investment funds and our ability to promote your achievements. You get news updates, and can join our weekly coordinating call that steers the future of the healthspan movement.

[Join The Coalition Here](#)



4 Ways Exercise Helps Fight Aging

We all know that exercise helps fight aging, but why does it have such positive effects?

[Read More](#)

We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals and beyond – uniting our members under a common, core mission to benefit the public trust.

[Help us bring new preventions and therapeutics for the benefit of all generations. today](#)



Podcast episode discusses research into healthy aging of LGBTQ community members

The latest episode of Penn State's Engage Podcast focuses on healthy aging in the LGBTQ community

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All Call For Volunteers For Healthier, More Productive Years of Life!

What if the US Congress took the lead funding healthspan research? Or by removing barriers to treatments to new therapeutics that can prevent diseases like cancer?

For the first time governments seem to be listening -- and you can help!

GHPI needs volunteers to engage with the public and ally nonprofit groups around the world.

Contact dcarver@healthspanpolicy.org to join the tiger team today!

Upcoming Events

Due to the ongoing COVID-19 Pandemic events are very limited. As new ones are publicized, we will include them here.

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Cognitive Clock Predicts Brain health

According to researchers, the cognitive clock predicts brain health better than chronological age alone

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