



Hello,

This week we learn about some simple things we can do to maximize our healthspan, get a look at a new undergrad program designed to help more people prepare for careers fighting aging and are related disparities. We also learn about some long term behaviors we can engage in to keep our brains healthy as we age and find out how older people may be more inclined to engage in activities that benefit others than their younger counterparts.

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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**Want to add healthy years to your life? Here's what new longevity research says**

A new Washington Post article outlines some simple things we can all do to maximize our healthspan

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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](#)



**Anti-aging agents: Undergraduate students combat aging and health disparities in Appalachia**

A new undergraduate program at WVU aims to enable students to prepare for careers focused on solving aging and health disparity problems in Appalachia

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**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.](#)

**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](mailto:dcarver@healthspanpolicy.org) to join the tiger team today!



**Older adults across the globe exhibit increased prosocial behavior but also greater in-group preferences**

A new study shows that older people may be more inclined toward prosocial behaviors—actions that benefit other people—than their younger counterparts

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**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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**Study Finds That Aging Isn't All Bad for the Brain— Here Are 7 Ways To Keep Your Mind Young**

Not all cognitive functions deteriorate as we age, building long-term cognitive health behaviors can help us all stay healthier

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