



GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

This week we learn how some popular “Brain training” techniques and games can provide benefits as we age, how important it is to pair a good diet with our exercise routines and how cognitive performance alone may provide protection from Alzheimer’s. We also learn more about emerging research into Type 3 diabetes, and how it affects the brain.

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.

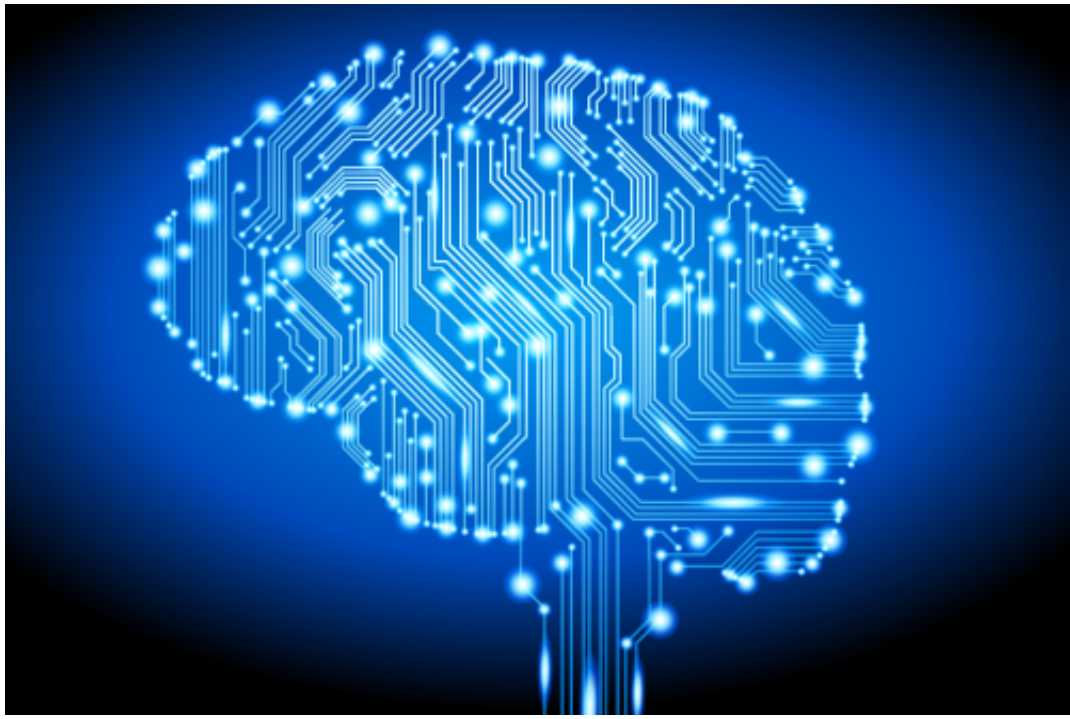
All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.

Edwina Rogers, CEO
Global Healthspan Policy Institute

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You can’t outrun a bad diet with exercise when it comes to longevity, study finds

If we want to get the longevity benefits of exercise, we need to pair it with a healthier diet

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Can you train your brain to overcome depression, dementia and other challenges?

New research shows that some “Brain training” techniques do have a positive effect, but the ones that work are a bit limited

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Type 3 diabetes: symptoms, causes and treatments

Researchers are learning more about Type 3 diabetes and how it affects the brain

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Cognitive performance protects against Alzheimer's disease independently of educational attainment and intelligence

New research indicates that cognitive performance alone can provide protection from Alzheimer’s

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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](#)

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](#)

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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