

Global Healthspan Policy Institute

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Hello,

This week we learn how even moderate wine consumption could contribute to Alzheimer's, why exercise is beneficial as we age and how exercising even more than is typically recommended carries even more benefits. We also learn how eating fish may be linked to an increased risk of melanoma.

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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Glass of Wine a Day May Lead to Alzheimer's, Research Suggests

A new study indicates that even very moderate wine consumption could elevate your risk for Alzheimer's

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Why is exercise important, according to the science?

Exercise has many benefits, but study after study has shown that regular exercise when we're young will keep us feeling good and living longer as we age

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Eating fish linked to skin cancer risk

A new study has found a link between eating fish and certain types of skin cancer

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Exercising more than recommended could prolong your life: study

To the surprise of absolutely no one, exercising more than recommended is good for you.

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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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