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Hello,

This week we learn how much we need to walk each day to prevent heart disease, what foods can help prevent dementia and how olive oil could lead to a longer healthier life. We also learn how daily multivitamins may provide benefits to some people, but not necessarily to everyone.

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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How Much You Need To Walk Every Day To Cut Your Risk Of Heart Disease

Walking just 21 minutes per day can reduce your risk of heart disease by 30%

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Reduce dementia risk with these food and activity choices

Studies show that certain natural, unprocessed foods can help prevent dementia as we age

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Olive oil consumption can lead to a longer life. Here's how to choose the best one

Olive oil has a variety of benefits that can lead to a longer, healthier life

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Taking second look at daily multivitamins

According to recent research, many adults simply don't get any benefits from a daily multivitamin

[Read More](#)



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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