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Hello,

This week we learn how eating walnuts may contribute to a healthier lifestyle as we age, how a daily multivitamin could protect our cognitive health and how a unique species of jellyfish could provide insights into extending the hunt lifespan. We also learn how exposure to blue light from electronic devices could accelerate certain aspects of the aging process.

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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**Walnuts may 'act as a bridge' for healthier aging, study suggests**

New research indicates that people who eat walnuts and other nuts as part of their diet are more likely to be physically active and have a lower risk of heart disease as they age

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**Daily multivitamin supplement may improve cognition and protect older adults against decline**

A new large-scale study has found that taking a daily multivitamin-mineral supplement has the potential to protect cognitive function in older adults

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**Immortal jellyfish may prevent human aging, research says**

Studying the genetic makeup of a jellyfish species that is able to reverse its aging process could provide insight into extending the human lifespan

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**Blue light exposure may accelerate aging, a fruit fly study finds**

New research shows that exposure to blue light from devices like smartphones and computers could accelerate certain aspects of the aging process

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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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