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Hello,

This week we learn how tea drinkers may live longer, how social stressors can result in accelerated aging of the immune system and how simply maintaining a positive outlook about aging can help extend our lives. We also learn how mindfulness training can help us handle loneliness as we age, plus give our immune systems a boost.

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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Mindfulness Training Appears To Improve an Immune Function Marker in Lonely Older Adults

Loneliness is a major problem for many older adults, studies show that mindfulness training can help and improve immune function

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Social stress contributes to accelerated aging of the immune system, study finds

A study based on data from over 5500 people shows that social stress can accelerate aging of the immune system

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Positive attitude about aging could boost health

A study of 14,000 adults over 50 indicates that simply maintaining positive attitudes about growing old can help us live longer lives

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NIH study of tea drinkers in the UK suggests health benefits for black tea

A new study indicates that people who consumed two or more cups of tea per day had a 9%-13% lower risk of death

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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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