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Hello,

This week we learn about a link between daily multivitamin use and improved cognition, about a new study looking into the effects of calorie restriction on aging and we learn more about the link between stress and aging. We also learn why some people maintain exceptional cognitive health, even into their 80's, while others don't.

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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Study finds potential link between daily multivitamin and improved cognition in older adults

New research indicates that taking a daily multivitamin may improve cognition for older adults

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What sets 'SuperAgers' apart? Their unusually large neurons

People over 80 who display cognitive health on par with 20-20 year olds have larger neurons, according to recent research

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Can intermittent fasting or calorie restriction slow the aging process?

Researchers at UAB are looking for participants in a new study to determine if calorie restriction can slow the aging process

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Best Life: Research shows connection between stress and unhealthy aging

New research indicates that stress may be a bigger factor than previously believed when it comes to aging

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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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