

Global Healthspan Policy Institute View this email in your browser



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Hello, This week we learn about activities that can reduce cognitive decline as we age, which multivitamin might provide cognitive protection and find out about the biggest risk factors for Alzheimer's and other dementias. We also learn just how much we really need to walk each day to get the most benefit from that well known daily habit.

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

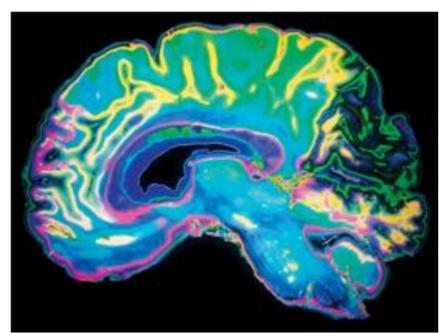
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Can a multivitamin keep your brain healthy?

A recent study of 2200 volunteers found that a popular daily multivitamin may provide some cognitive benefits as we age

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Get to know the biggest risk factors for dementia

New research shows that 40% of Alzheimer's and related dementia cases may be preventable

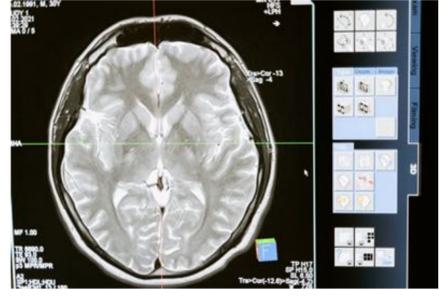
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Walking is a super exercise. The truth about the number of steps you really need, and maximizing the benefits

We all know that daily walking is a beneficial habit—but how much do you really need to walk each day to see benefits?

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What neuroscientists have learned about rejuvenating the aging brain—and what you can do too

A look at what scientists have discovered about the aging brain, and some tips that everyone can apply

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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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