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Hello,

This Thanksgiving week we learn how regularly demonstrating thankfulness reduces stress and helps us as we age. We also hear from the NIH in their annual dementia research progress report, learn how grip strength could be an indicator of biological age and we learn about an important report on an anti-aging supplement that may contribute to brain cancer.

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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Popular 'anti-aging' supplement may lead to brain cancer, study says

New research indicates that a supplement called NR, which has been advocated for anti-aging benefits may increase the risk of brain cancer

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Aging Well: Giving thanks – how gratitude helps us

Numerous studies have indicated that regularly showing our gratitude increases positive thoughts and reduced stress, which has many well documented benefits as we age

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NIH releases 2022 dementia research progress report

The NIH has released its annual progress report on dementia research, highlighting numerous achievements

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Lack of hand grip strength may indicate premature aging, research shows

A new study from University of Michigan researchers indicates that grip strength may be an indicator of biological age

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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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