

Global Healthspan Policy Institute

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Hello,

This week we learn how alcohol impacts our bodies as we age, how exercise helps improve our health outcomes and how intense exercise can improve our cognitive performance. We also learn about progress in AI, longevity and the singularity that can be expected over the next decade.

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



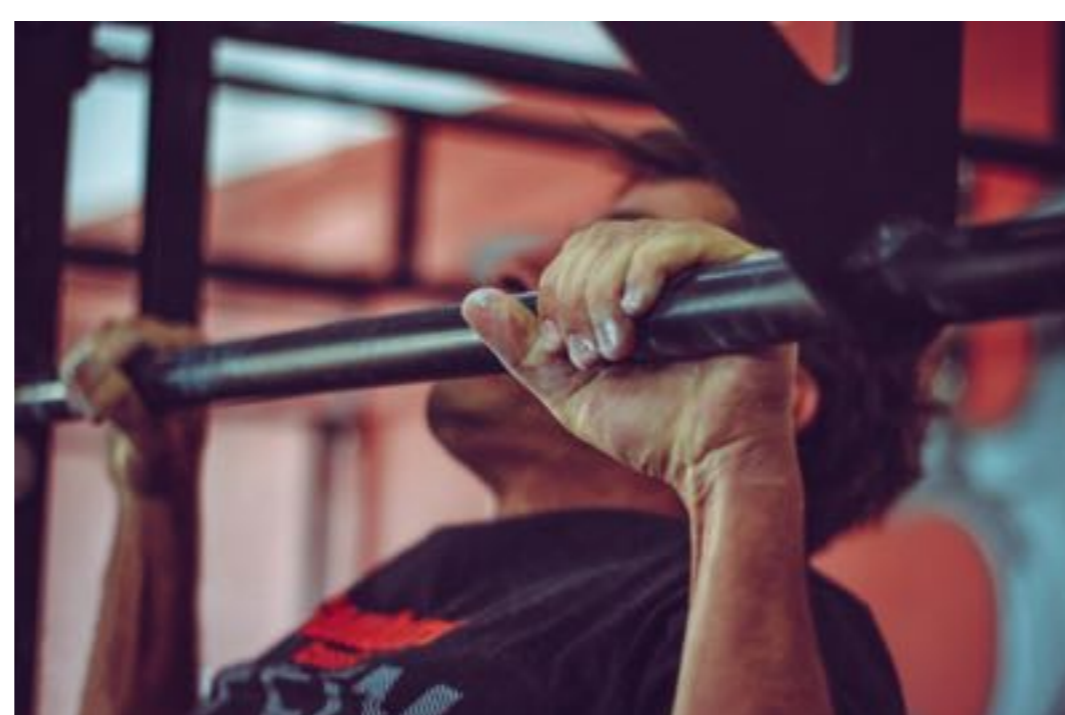
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Study reveals how exercise turns back the clock in aging muscles

People who exercise regularly, even later in life, consistently show better health outcomes than those who don't.

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Your Body On Alcohol: How It Affects Your Heart, Liver, Weight And Cancer Risk

Studies show that for those in good health, low levels of alcohol consumption aren't particularly dangerous—but increased intake, especially combined with health conditions can shorten our lives

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One type of physical activity protects the brain more than others, study finds

A new study shows that people who spent even 6-9 minutes engaged in high-intensity activities showed better results in cognitive testing

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Will we reach the singularity by 2035?

What will progress on longevity research, AI and reaching the singularity look like in the next decade?

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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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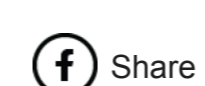
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