



Hello,

This week we learn how salt might contribute to dementia risk, how brisk walking could reverse signs of brain aging and how social participation may help us age better. We also learn about some new breakthroughs on our understanding of how muscles age.

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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**Food seasoning linked to increased dementia risk in new study**

While salt has long been known to be a contributor to cardiovascular disease, new studies are also finding that it contributes to dementia risk as well.

[Read More](#)



**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](#)



**Brisk walking may reverse signs of brain aging, even in older adults**

A new study shows that even just 12 weeks of regular exercise resulted in stronger brain function in seniors.

[Read More](#)

**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**

3/26/2023 - 3/27/2023

[Longevity Nation](#)

Bar Ilan University, Israel

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**Social participation promotes optimal aging in older adults, research shows**

A large study that followed over 7,000 people for three years has found that increased social participation is linked to better health outcomes for older people.

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**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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**Defying the Aging Process: Groundbreaking Research Reveals That Our Muscles Reverse to an "Early-Life" State**

A new study on the African killifish may contribute to efforts to combat muscle wasting in older people.

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