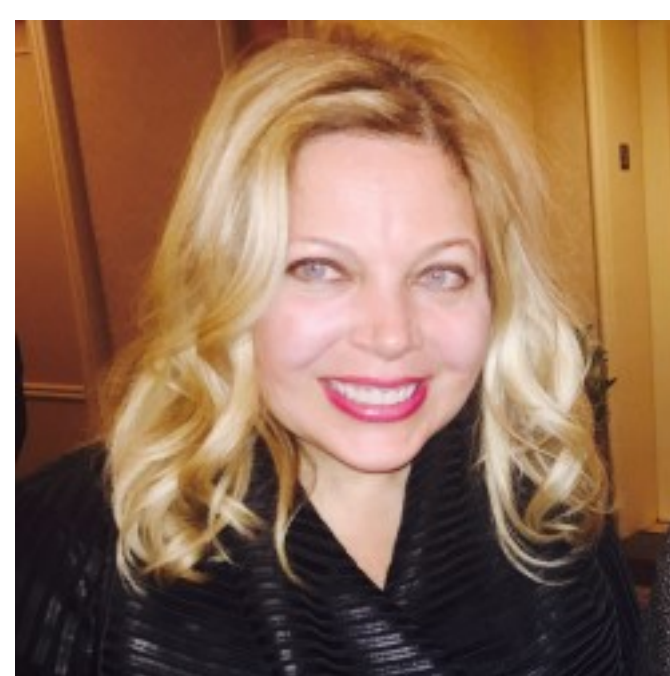




Hello,

This week we learn about 8 simple habits that can extend our lives, what scientists are beginning to understand about happiness and get a look at two impactful new studies; one examining the cause of cognitive decline and another examining the impact of chronic inflammation on aging.

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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8 simple habits could add up to 20 years onto to your life, researchers say

A brief look at 8 healthy habits and choices that can add decades to our lives

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Lessons From the Longest Study on Happiness

Can we learn to be happier? Can it extend our lives? This recent study sheds light on those ideas.

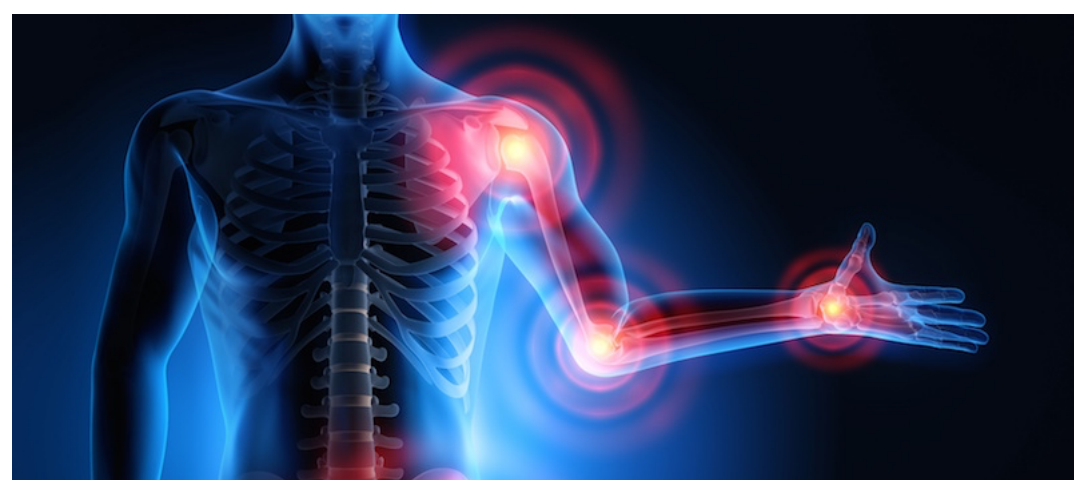
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Decoding Cognitive Decline: Key Aging Mechanism Discovered

Researchers may have uncovered the key to understanding age-related cognitive decline

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Slowing Down the Clock: Key Discovery in Aging and Chronic Inflammation

New studies have discovered a link between immune cells, chronic inflammation and slowing down 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.

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Upcoming Events

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Upcoming Events

[ARDD 2023](#)
August 28 - September 1, 2023
University of Copenhagen

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