



Hello,

This week we learn how our sleep patterns impact our health, how new research could lead to better cognitive health in aging brains, how AI can detect our true age by viewing X-rays and how positivity can positively impact our health as we 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

[Facebook](#) [Twitter](#) [LinkedIn](#)



Not getting enough sleep? That's only half the battle

While much attention is placed on the duration of our sleep, there may be more to the story if we want to protect our health as we age

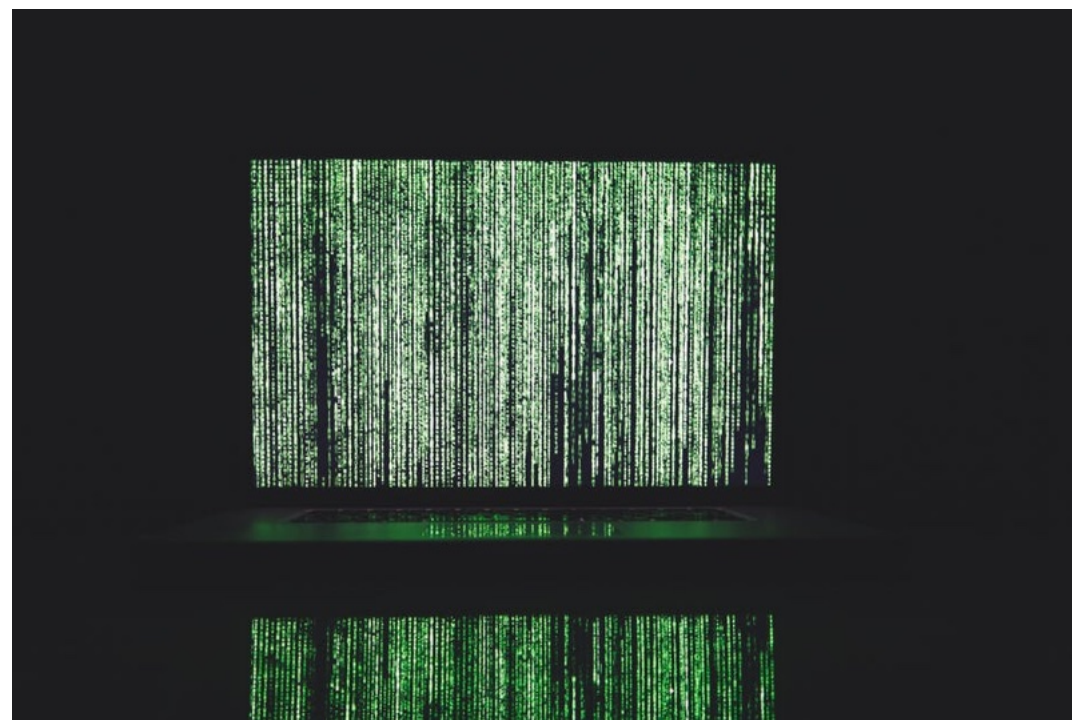
[Read More](#)



Unlocking the Secrets of Youth: Scientists Identify Blood Factor That Can Turn Back Time in the Aging Brain

New research indicates how young blood, a hormone called klotho and exercise could lead to treatments that could improve cognition in aging brains

[Read More](#)



The Future of Medical Imaging: Advanced AI Can Tell Your True Age by Looking at Your Chest

A new AI powered model aims to develop aging biomarkers by looking at chest X-rays

[Read More](#)



The No. 1 personality trait linked to a long life: 'The effects of just being positive are overstated,' psychology expert says

Psychologically healthy, positive, conscientious people tend to make better choices and handle stress better, aiding in longer life

[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](#)

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

[Share](#) [Tweet](#) [Forward](#)



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

[Share](#) [Tweet](#) [Forward](#)

