



Hello,

This week we learn about a new approach to aging research, how marijuana use could fuel anxiety disorders that hinder healthy aging, and how playing instruments can protect our cognitive health as we age. We also learn about a potentially easier alternative to intermittent fasting.

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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A promising approach for aging research

Scientists have decoded a molecular mechanism that could have an impact on aging

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Heavy marijuana use may fuel anxiety disorders, new research finds. This age group is most at risk

Increased anxiety has well-known negative effects on our health as we age

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Playing an instrument, singing may help preserve brain health

Playing music engages the brain in a healthy way that could protect our cognitive health as we age

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Researchers find simpler alternative to intermittent fasting

Intermittent fasting can be very effective, but difficult. An easier alternative could benefit many people.

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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

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