

Global Healthspan Policy Institute

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Hello,

This week we learn that the aging brain could be more complex than previously believed, how a health diet is linked to reduced dementia risk and how social isolation can lead to faster biological aging. Also, don't forget about the A4L Fly-In event that's wrapping up today in Washington, DC!

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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#### Alliance For Longevity Announces Fly-In 2024 Event

The event will take place in Washington, DC from March 20-21 and include an industry discussion and networking event, a congressional briefing and keynote dinner

[Learn 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](#)

[Join The Coalition Here](#)

#### Upcoming Events



#### Researchers Find More Complexity in Aging Brain's Memory Decline

The new findings could affect efforts to preserve cognitive health

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#### Study Shows a Healthy Diet is Linked with a Slower Pace of Aging, Reduced Dementia Risk

A new Columbia University study indicates that a healthy diet leads to reduced dementia risk and slower aging.

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#### Social isolation linked to biological age gap, higher mortality rate

A Mayo Clinic Study shows that socially isolated people are more likely to show signs of faster biological aging than others

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