

Global Healthspan Policy Institute

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Hello,

This week we learn about the best diet for brain health as we age, when we should start focusing on our food choices in order to age well, and we learn whether physical flexibility plays a role in aging. We also learn more about the upcoming Longevity Nation Conference in Israel, featuring multiple GHPI fellows.

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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Scientists Reveal Best Diet for Reducing Death Risk in Older Adults

New research indicates that a pescatarian diet may aid in protecting elderly people from neurological disease

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Longevity Nation Conference Publishes Preliminary Program

Multiple GHPI Fellows are included and will be speaking at the October event in Israel

[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

[Longevity Nation](#)

October 28-31, 2024
Bar Ilan University, Ramat Gan, Israel



Latest research suggests earlier is better when eating to age well

A recent study shows that adults who start eating healthier for better aging earlier, have more success.

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Can being more flexible help people live longer?

A new study from scientists in Brazil has examined whether or not flexibility is a factor in longevity

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