

Global Healthspan Policy Institute

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Hello,

This week we learn how catching up on sleep on the weekends can cut heart disease risk, how those with less traditional exercise schedules may experience similar benefits to those who exercise more regularly, and how a healthier lifestyle can offset brain aging for people with diabetes. We also learn how Ozempic could provide some anti-aging benefits.

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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Sleeping more on weekends may cut heart disease risk by up to 20%, study finds

While not as effective as regularly getting enough sleep, a new study finds that catching up can be beneficial

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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



'Weekend warriors' may yield similar brain health benefits as those who exercise regularly

A new study finds that getting more of your exercise on weekends can be just as effective as spreading it out through the week

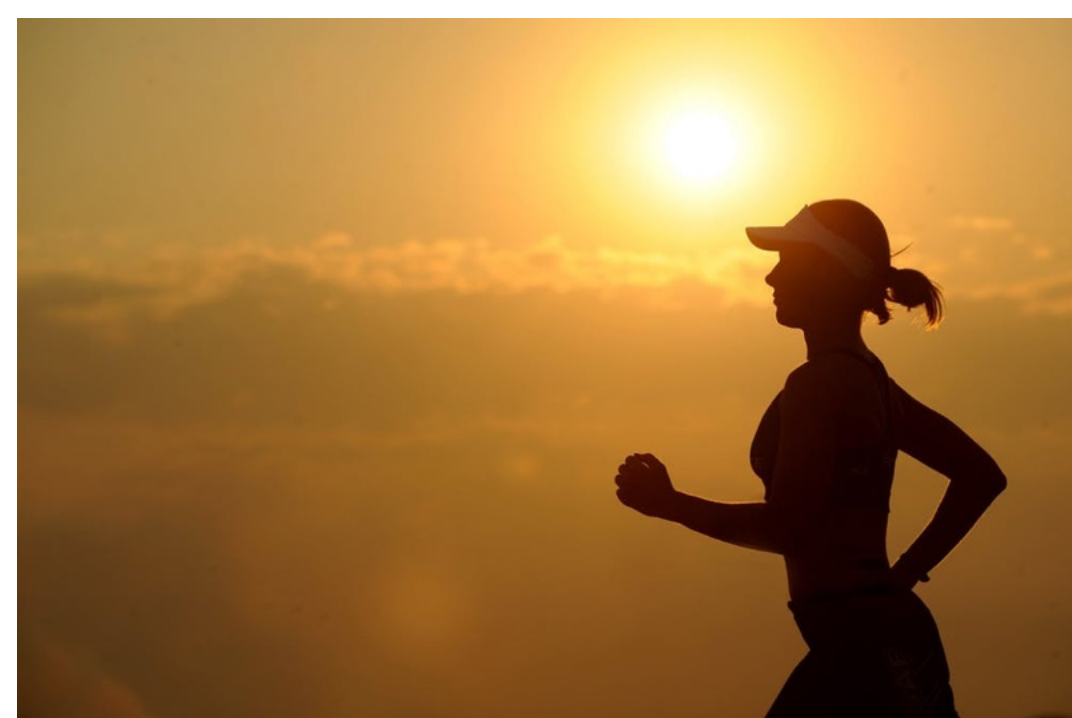
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Ozempic could delay ageing, researchers suggest

A new study indicates that Ozempic could provide valuable benefits, helping people live longer

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Healthy lifestyle may offset brain aging accelerated by diabetes

Diabetes increases brain aging, but making healthier life choices can offset that

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