

Global Healthspan Policy Institute

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# GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

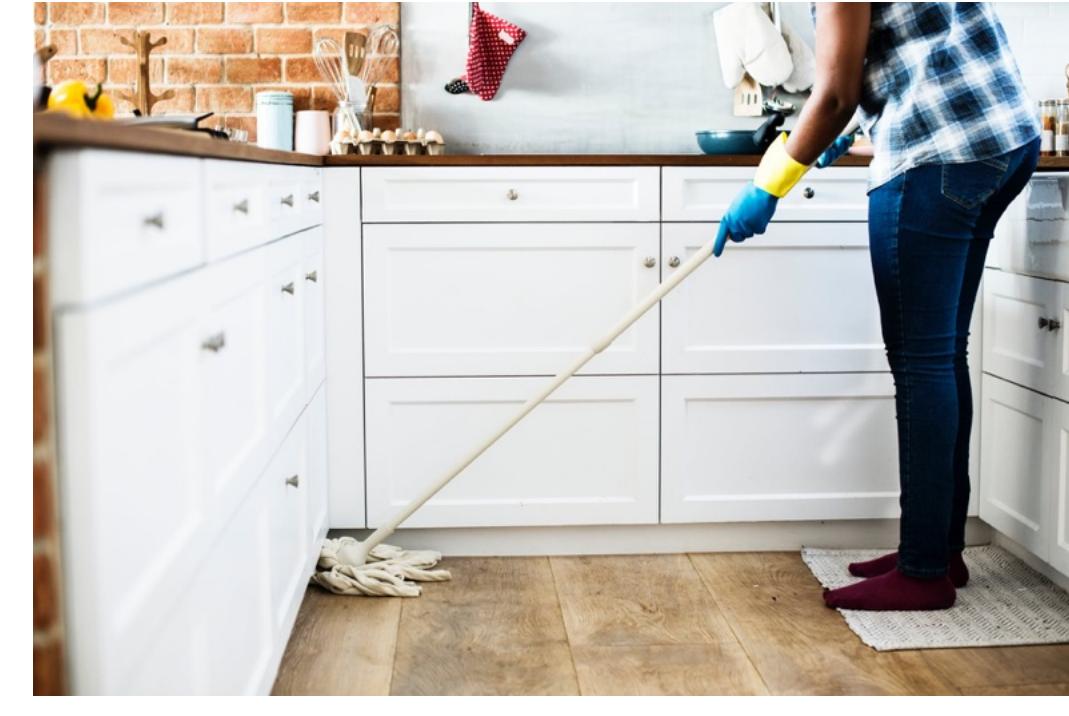
This week we learn about how age-related hearing loss may be linked to brain changes tied to cognitive decline, why “everyday movement” (like gardening and housework) can matter as much as formal exercise as we age, how lifelong learning habits like reading and learning languages may be associated with lower Alzheimer’s risk, and why some types of brain-training—especially speed-of-processing with booster sessions—may be connected to a lower long-term dementia risk.

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



## How to stay active beyond exercise: 3 medical experts advise

Experts say staying active doesn't have to mean "workouts"—regular daily movement (like walking, gardening, and housework) can still support healthier aging.

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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



## Alzheimer's: Reading, writing, learning new languages may lower risk

New evidence links lifelong cognitive enrichment—like reading, writing, and language learning—with lower Alzheimer's risk and slower cognitive decline.

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## Cognitive decline is often linked to hearing loss: This may be why

A study suggests hearing loss and cognitive decline may be connected through coupled structural and functional changes in specific brain regions.

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## Can brain training games actually reduce dementia risk? New study offers evidence

A long follow-up study suggests certain computerized speed-of-processing training (especially with booster sessions) may be associated with reduced dementia risk compared with other training types.

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