



HIGHLIGHTS

Bi-Weekly
Friday
07/18/2025
vol.6

Want to be involved with the ISL?

Whether you are a community member or faculty affiliate, check out our [website](#) for more information on how to be involved with the ISL.

Interested in being a guest for an ISL podcast episode?

Email isl.fsu.edu if interested in being interviewed for a podcast episode. Community members and researchers welcome!

COMING OUT MONDAY: New Podcast Episode no.4

Keep an eye out for the ISL's fourth podcast episode featuring Dr. Joseph Watso! ISL podcast episodes are posted bi-weekly on Monday. Interested in being interviewed? Email the ISL!

Become an ISL volunteer!

Click the image below to see how you can be involved with the ISL.

Become an ISL Research Volunteer

Help FSU's Institute for Successful Longevity advance the science of healthy aging.

Requirements

- Open to adults aged 55+
- No research experience needed
- Choose the studies you want to participate in
- Help advance the science of healthy aging
- Some studies offer payment

Learn more here [▶](#)

<https://isl.fsu.edu/registry/volunteer>
<https://linktr.ee/islsl>

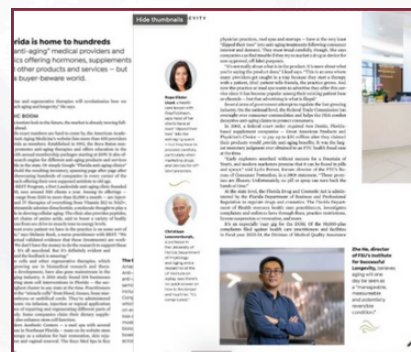
ISL JAB MEETING



The Institute for Successful Longevity hosted its quarterly **Joint Advisory Board** meeting on July 7th. The meeting began with introductions from the ISL team and board members. Attendees reviewed **recent events** and **ongoing activities** led by ISL. Community updates were also shared, highlighting **local engagement** and initiatives. The session concluded with a **collaborative strategic planning discussion** to guide ISL's future goals. It was a productive meeting that emphasized **partnership** and progress.

ISL DIRECTORS FEATURED IN FLORIDA TREND SPOTLIGHT ON AGING AND LONGEVITY

Dr. Zhe He and former ISL Director **Dr. Neil Charness** were featured in **Florida Trend's July 2025 issue**, discussing the science and regulation of anti-aging treatments. Dr. He spoke on reversing aspects of aging, while Dr. Charness highlighted the challenges of extending both lifespan and healthspan, underscoring ISL's leadership in longevity research. Read [here](#).

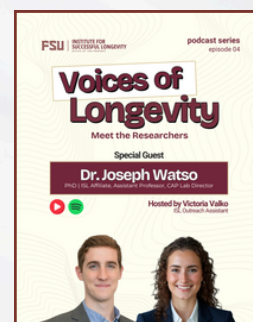


OUT NOW: PODCAST EPISODE NO.4 VOICES OF LONGEVITY: MEET THE RESEARCHERS

Special Guest: Dr. Joseph Watso

In this episode, the ISL welcomes Dr. Joseph Watso to discuss his research on cardiovascular health and the impact of lifestyle behaviors on aging and long-term well-being. He highlights key findings from his work in the CAP Lab at FSU and shares practical tips for promoting heart health throughout the lifespan.

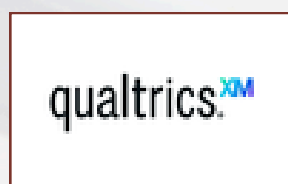
Listen to this episode on ISL's [Spotify](#) or [YouTube](#).



CALL FOR SUBMISSIONS: SHARE YOUR RESEARCH IN THE ISL DIGEST!

We're launching ISL Digest, a new social media series that highlights affiliate research in a clear, engaging format for the public. Posts will be carousel-style to showcase the impact and accessibility of your work.

Interested in being featured? Send us your research to isl@fsu.edu!



GOT RESEARCH NEWS OR A NEW PUBLICATION?

Have exciting research updates, recent findings, or opportunities to share? **Fill out this Qualtrics form** ([here](#)).

Support the ISL & Contact Us!

[✉ isl@fsu.edu](mailto:isl@fsu.edu) [\(850\)-644-8571](tel:(850)644-8571)

[Link to Our Website & Socials](#)

[Louis Shores Building, FSU](#)