

BRAIN IT ON 2021

Your Brain Health Journey Begins NOW!

HFC

WOMEN'S
ALZHEIMER'S
MOVEMENT



THANK YOU FOR JOINING US FOR

BRAIN IT ON 2021

Start your brain health journey today by following these easy steps.

Start here!



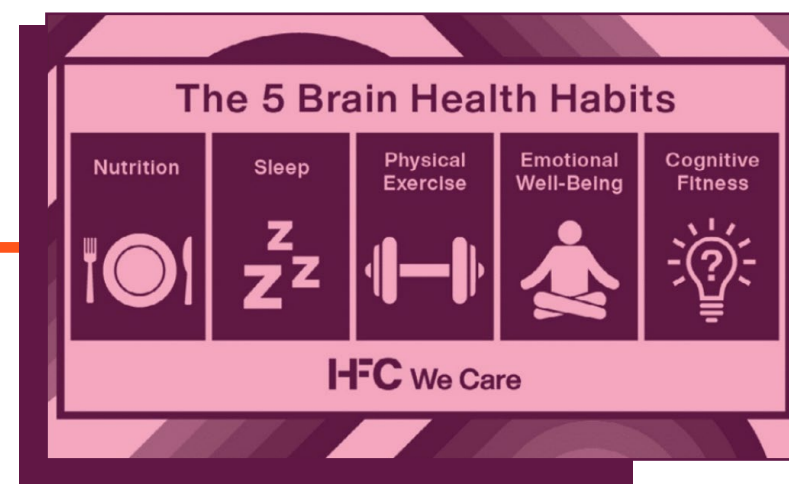
1 Biogen and Eisai invite you to visit **It's Time** to learn more about Mild Cognitive Impairment (MCI), which is the earliest clinical stage of Alzheimer's. The sooner you recognize the symptoms of MCI, the sooner you can have a conversation with your doctor. For more information, including a Doctor Discussion Guide, visit [ItsTimeWeKnow.com](https://www.ItsTimeWeKnow.com).

IT'S TIME

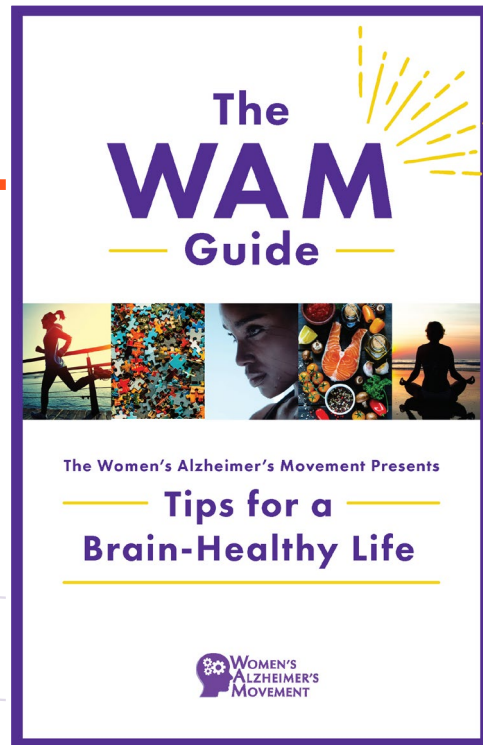
By Biogen and Eisai



2 Living a brain-healthy lifestyle today can help reduce the risk of developing Alzheimer's disease and related dementias tomorrow. **HFC's 5 Brain Health Habits** are easy steps you can take today to jumpstart your own brain health.



3 The Women's Alzheimer's Movement's goal is to empower people and organizations by educating them about accessible lifestyle choices that help delay or prevent brain disease and promote healthy minds. Learn more from **WAM's Brain Health Guide**.



Nutrition
Brain Health Kitchen

Brain Health Kitchen

Exercise
Wendy Suzuki's Ted Talk



Sleep
Matt Walker's Ted Talk



Cognitive Fitness
UCLA's Brain Boot Camp

BRAIN BOOT CAMP

Emotional Well-Being
Headspace

headspace

4 Now that you know how important living a healthy lifestyle is to your brain, here are some fantastic resources for each of the five brain health habits.



5 Great job! Let's take it one step further and take 10 minutes to complete your brain health check-up with the UsAgainstAlzheimer's **BrainGuide**.

This easy-to-use tool will arm you with knowledge and resources to take the best next steps in managing your own or a loved one's brain health.



6 You are practically a brain health expert at this point but we're not done yet. Let's go a little deeper with these in-depth tools:

Brain Health Project
Maximize your brain performance and cognitive fitness

The NEURO Plan
This will help you reach optimal brain health and optimize fitness

Aspen Brain Institute
Dedicated to democratizing access to the best minds and evidence-based information on brain health

Blue Zones
Live longer better!

Cardiomelon
Online help for cardiovascular health and brain strengthening

Dr. Peter Attia's Sleep Resources
Learn more about sleep and the effects on health and disease

Brain HQ
Online headquarters for working out your brain

Staying Sharp from AARP
A guide to helping you find your calm!



7 Women's brains are different than men's (but you knew this!) Did you know that 2 out of 3 Alzheimer's brains belong to women? Learn about 10 things every woman can do now to take care of her brain from **WAM's useful guide.**

WAM
10 THINGS
EVERY WOMAN CAN DO
TO TAKE CARE OF
HER BRAIN

Every 65 seconds a new brain develops Alzheimer's disease. Two out of three Alzheimer's brains belong to women and we don't know why, and the risk is even higher for women of color.

Women's brains are different from men's, and have unique needs. In fact, **up to 1/3 of Alzheimer's cases may be preventable through lifestyle changes.** Here are 10 simple things that every woman can do to reduce the risks of dementia and Alzheimer's.

WOMEN'S ALZHEIMER'S MOVEMENT



8 Alzheimer's is not a disease of old age. More and more young people are affected as patients and caregivers. Engaging young advocates is a key part of HFC's mission.

CHECK OUT HFC'S BRAIN HEALTH HIGHLIGHTS AND JOIN HFC'S COMMUNITY OF NEXT GEN ALZ ADVOCATES.

HFC



9 Did you know that women with a family history of Alzheimer's have a greater genetic risk?

The Women's Alzheimer's Movement Prevention Center at Cleveland Clinic is a one of a kind medical clinic in Las Vegas that offers the nation's first women-specific center for clinical Alzheimer's disease prevention.



10 Our Brain It On speakers were amazing right?

Want to learn more about their work, check out these links:

Dr. Isaacson's Alzheimer's Prevention & Treatment Diet

Lisa Mosconi
The XX Brain

Alzheimer's Prevention and Research Foundation

Dharma Singh Khalsa, M.D
Spiritual Fitness

Dr. Annie Fenn
Brain Health Kitchen

Julianne Hough
Kinrgy

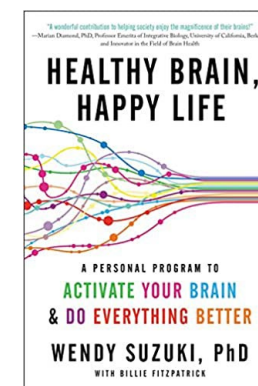
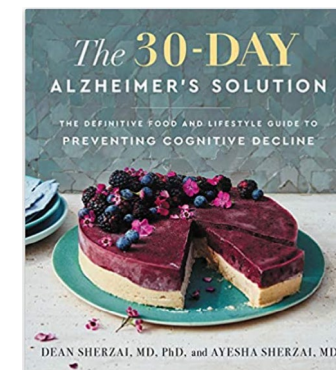
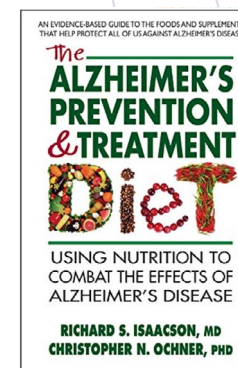
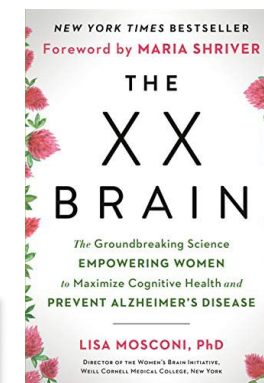
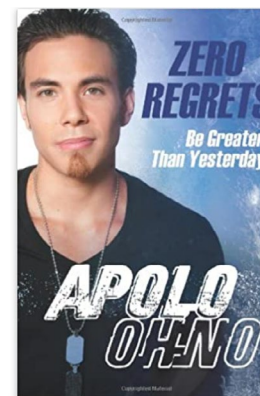
Liz Hernandez
Wordaful

Dr. Wendy Suzuki
Healthy Brain,
Happy Life

Dr. Sherzail
The 30 Day
Alzheimer's Solution

Malika Chopra
Just Breathe

Alzheimer's Universe



Share your journey, sign up, donate and stay engaged!

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