Your Brain Health Journey Begins NOW!
Biogen and Eisai invite you to visit its 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.

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.

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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.

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!

- **Cardiometer**
  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!
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.

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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.

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!
@wearehfc   @womensalzmovement   brainiton.org