



***"Women have worked for centuries to be recognized for our minds, and now we're losing them to Alzheimer's. That's why this is the ultimate women's empowerment issue.***

***Women's minds matter, and we must mobilize to save them."***

— Maria Shriver, Founder, The Women's Alzheimer's Movement

**The Women's Alzheimer's Movement (WAM)** is a 501c3 nonprofit that:

- **Informs** women about their increased risk for Alzheimer's and other dementias and empowers them to take control of their own cognitive health
- **Educates the public** about the connection between brain health and lifestyle and how choices made today can help prevent losing memories and our minds as we age
- **Influences scientists** to conduct women-based research and urges foundations, philanthropists, agencies and institutions to support it
- **Awards grants** to fund critical women-based research at leading scientific institutions
- **Advocates for political and corporate leaders** to implement policies and practices that prioritize cognitive health and provide care & support for families coping with dementia
- **Shares the stories** of families caring for loved ones with Alzheimer's and partners with organizations to provide caregiver relief grants

WAM and its global alliance of supporters recognize the urgent need to understand how sex and gender differences in brain structure, hormonal physiology, genetics, disease progression, and behavior may contribute to the disproportionate incidence and rates of Alzheimer's and cognitive decline in women. WAM believes that by focusing research on women, the largest group affected by the disease, we will unlock the mysteries surrounding the disease and get closer to a cure for all. WAM's ultimate goal is to change the future for all minds and funding women-focused research is a critical step toward achieving that goal.

### **How You Can Help:**

- Partner with WAM to fund women-based research or create a Women's Alzheimer's Initiative in your region, at your corporation, or at your organization
- Share "The WAM Guide: Tips for a Brain-Healthy Lifestyle" with your constituents (available for download in English and Spanish on our website, [www.thewomensalzheimersmovement.org](http://www.thewomensalzheimersmovement.org))
- Join us as a partner at our Women's Health Summit in the U.S., fall 2019
- To pursue these steps or other opportunities, please connect with our Executive Director Erin Stein at [erin@womensalzheimersmovement.org](mailto:erin@womensalzheimersmovement.org)