



HealthyWomen, Prevention Magazine and the Women's Alzheimer's Movement Join Forces to Launch You & Your Brain Webinar Series

A three-part digital program examining aging, brain health, Alzheimer's diagnosis and management, caregiving and the future of brain health

For Immediate Release

May 24, 2021 — [HealthyWomen](#), [Prevention magazine](#) and the [Women's Alzheimer's Movement](#) (WAM) have joined forces to launch the *You & Your Brain* webinar series, a three-part digital program examining brain health and aging, diagnosis and management of Alzheimer's disease and the future of brain health. Free and open to the public, the first session will stream on June 8 at 12 p.m. EDT, with subsequent sessions released the following two weeks on June 15 and June 22 at 12 p.m. EDT. Attendees can register for each session at <https://www.yourbrain2021.com/>.

Currently, more than 6 million people are living with Alzheimer's in the United States, and two-thirds of those affected are women. The intention of the series is to educate the public on tips to maintain a healthy brain, provide information on how to identify symptoms of dementia and discuss steps for individuals and their families to take if diagnosed with dementia. In addition, the series will focus on the promising advances in medicine and technology for future treatment options and a cure. The series will bring together renowned experts, including healthcare providers, policy makers, caregivers and people living with Alzheimer's.

The first session in the series, "Aging & Your Brain: What's Normal and What's Not," will be moderated by Tara Narula, MD, the senior medical correspondent for *CBS This Morning*. It will focus on normal signs of aging and ways to protect the brain. The second session, moderated by award-winning journalist and television host Joan Lunden, is titled "Navigating a Dementia Diagnosis: What Comes Next?" It will include a couple living with Alzheimer's, as well as guidance for both individuals and caregivers when faced with a diagnosis. The third session, "The Future of Brain Health: Promising Advances in Medicine and Technology," will be moderated by John Whyte, MD, NPH, chief medical officer for WebMD, and will focus on innovations in science, research and policy.

"*Prevention* is making brain health a major focus of 2021 — and beyond," said Sarah Smith, editor in chief, *Prevention* magazine. "Our special 22-page 'You & Your Brain' section in the June 2021 issue showcases the incredible strides being made in this field, so readers can live healthier, longer. This webinar series takes our print coverage to the virtual stage, with top experts sharing their insights directly with people across the country."

"This collaborative partnership with HealthyWomen, *Prevention* magazine and WAM exists to educate people about how to take agency over their brain health and lay out what the future of brain health looks like by speaking to top researchers and scientists," said Maria Shriver, founder of the Women's Alzheimer's Movement, a nonprofit organization that funds research to help answer the question of why two out of three brains that develop Alzheimer's belong to women. "Medical research has historically left women out of clinical trials and major brain-health studies, with the devastating end result that there is a gap in knowledge about women's health

and why they are at increased risk for developing Alzheimer's, dementia and other cognitive diseases," said Shriver. "Education is the key to reducing everyone's risk for developing these diseases."

"Many people think of an Alzheimer's diagnosis as something that happens to older people. However, maintaining a healthy brain means taking care of your health starting at a young age," said Beth Battaglino, RN-C, and CEO of HealthyWomen, the nation's leading independent, nonprofit health information source for women. "This series will elevate the conversation around healthy aging and brain health, as well as offer hope and inspiration as we look toward the future and discuss the exciting innovations in research, medications and policy."

Videos from the series will be available for streaming on each organization's website and social channels. For more information, click [here](#).

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About HealthyWomen

HealthyWomen is the nation's leading independent, nonprofit health information source for women. Its mission is to educate women to make informed health choices for themselves and their families by providing objective, research-based health information. For 30+ years, millions of women have turned to HealthyWomen for answers to their most personal healthcare questions. To learn more, please visit Healthywomen.org. Follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#).

About PREVENTION

The ultimate live-better handbook, *Prevention* is a trusted go-to guide that motivates readers to feel their best, head to toe, inside and out. For more than 70 years, *Prevention* has been a dominant thought-leader in the health and wellness space, delivering authoritative information, expert advice and fresh, surprising healthy-living tips to our millions of monthly readers via print publications, digital platforms and events. Hearst Magazines' portfolio of more than 25 powerful brands in the U.S. inspire and entertain audiences across all media platforms. Hearst Magazines' print and digital assets reach nearly 166 million readers and site visitors each month.

— 67% of all millennials and 58% of all Gen Z, age 18+ (Source: 2020 comScore Multi-Platform © MRI-Simmons (12-20/S20). With more than 25 brands in the U.S., the company publishes over 250 editions and 200 websites around the world.

About Women's Alzheimer's Movement

The Women's Alzheimer's Movement is a nonprofit organization founded by Maria Shriver that raises awareness about women's increased risk for Alzheimer's, educates the public about brain health and Alzheimer's prevention and raises funds to support women-based Alzheimer's research at leading scientific institutions around the country. To learn more, visit thewomensalzheimersmovement.org or follow @womensalzmovement and @thewomensalzheimersmovement on social media.