



# Navigating the Resources of the Alzheimer's Association

[www.alz.org](http://www.alz.org)

## About the Alzheimer's Association

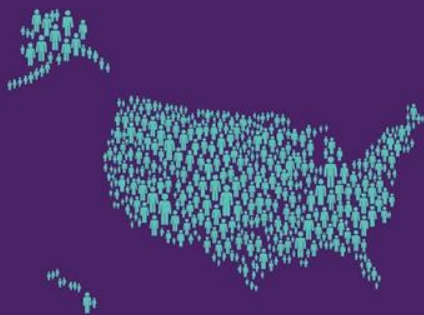
The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Our vision is a world without Alzheimer's and all other dementia<sup>®</sup>.



# 2025 ALZHEIMER'S DISEASE FACTS AND FIGURES

Over  
**7 MILLION**  
Americans are living with  
Alzheimer's



**1 IN 3**

older adults dies  
with Alzheimer's or  
another dementia



IT KILLS MORE THAN

breast cancer



prostate cancer

COMBINED

In 2025, Alzheimer's  
and other dementias  
will cost the nation

**\$384  
BILLION**

By 2050,  
these costs  
could rise  
to nearly

**\$1  
TRILLION**

The lifetime  
risk for Alzheimer's  
at age 45 is

**1**

IN

**5**

for  
women

**1**

IN

**10**

for  
men

Between  
2000 and  
2022 deaths  
from heart  
disease have  
decreased

**2.1%**



while deaths  
from  
Alzheimer's  
disease have  
increased

**142%**



These caregivers  
provided more than  
19 billion hours  
valued at nearly

**\$413  
BILLION**



**NEARLY  
12  
MILLION**

Americans provide  
unpaid care for people  
with Alzheimer's or  
other dementias

**UP TO  
4 IN 5**

Americans feel  
optimistic about new  
Alzheimer's treatments  
in the next decade



**92%**

of Americans would  
want a medication to  
slow the progression of  
Alzheimer's following  
a diagnosis

Over

**7 MILLION**

Americans are living  
with Alzheimer's



# Dementia

An umbrella term for loss of memory and other thinking abilities **severe enough to interfere with daily life.**



Alzheimer's

Vascular

Lewy body

Frontotemporal

Other, including Huntington's

Mixed dementia: dementia from more than one cause



# 10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life

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2. Challenges in planning or solving problems

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3. Difficulty completing familiar tasks

---

4. Confusion with time or place

---

5. Trouble understanding visual images and spatial relationships

6. New problems with words in speaking or writing

---

7. Misplacing things and losing the ability to retrace steps

---

8. Decreased or poor judgment

---

9. Withdrawal from work or social activities

---

10. Changes in mood and personality

# Treatments for Alzheimer's

While there's currently no cure for Alzheimer's, there are treatments that can change disease progression, and drug and non-drug options that may help treat symptoms. Talk to your doctor to learn more about treatment options. Learn more at [alz.org/treatments](https://www.alz.org/treatments).



New treatments are available that slow disease progression for those in the earliest stages.



Drug and non-drugs options are available that **may help treat symptoms**, such as memory loss and confusion.



Everyone experiences Alzheimer's differently, treatments **work in varying degrees and are not effective for everyone**.



**Global leader in  
Alzheimer's and  
dementia science:**

**Our Opportunity is  
Boundless!**



**Leading the  
research community**



**Convening to  
advance science**



**Advocating for  
innovative research**



## Congress Agrees on \$100 Million Increase For Dementia Research

Congress has announced a bipartisan agreement to provide a \$100 million increase for Alzheimer's and dementia research at the NIH, along with \$41.5 million for implementation of the BOLD Infrastructure for Alzheimer's Act in fiscal year 2026.



**7M**

We advocate for the over 7 million Americans living with Alzheimer's, a progressive and fatal brain disease.

**\$3.8B**

We've increased the federal investment in Alzheimer's and dementia research funding more than seven-fold in the last decade.

**12M**

Nearly 12 million Americans provide unpaid care for people living with Alzheimer's or other dementias.



# Take Charge of Your Brain Health



There are several risk factors for cognitive decline and dementia. Some, such as age, we can't control. But there are **actions we can take to improve our brain health.**



Growing evidence shows that **healthy living can lower the risk of cognitive decline and possibly dementia.**



Our brains need to be taken care of at all ages. It is never **too early or too late** to take action to protect brain health.

# 10 HEALTHY HABITS FOR YOUR BRAIN

---



Protect your head



Be smoke-free



Get moving



Challenge your mind



Control your blood pressure



Manage diabetes



Sleep well



Stay in school

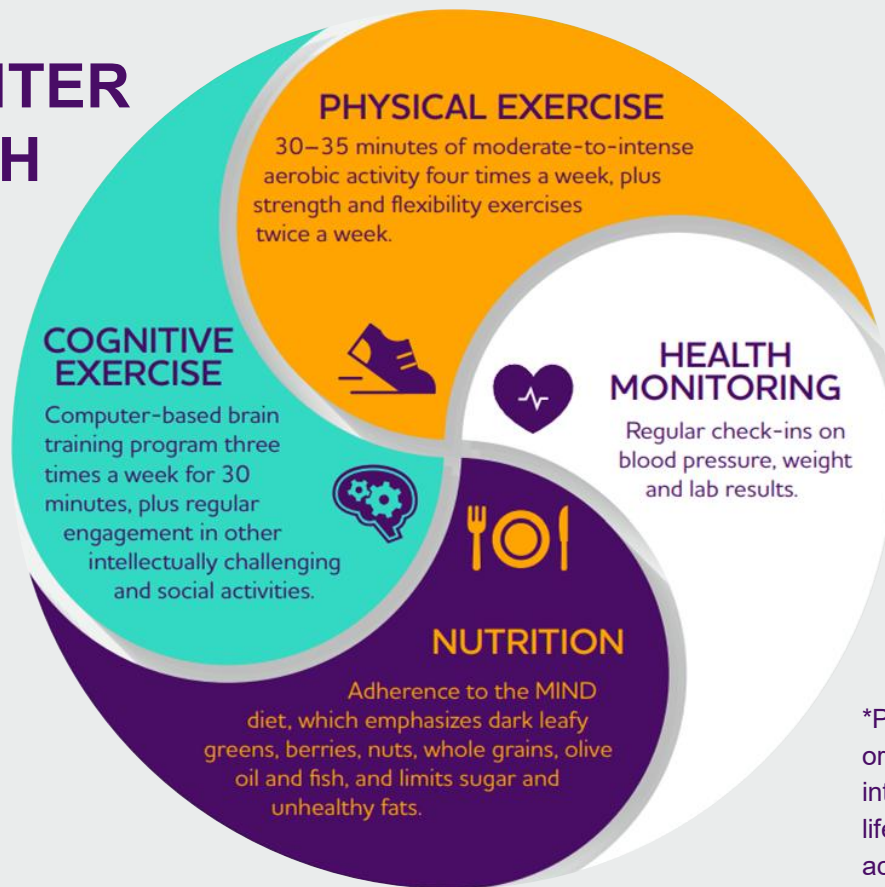


Eat right



Maintain a healthy weight

# THE U.S. POINTER BRAIN HEALTH RECIPE\*



\*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.



Every study helps scientists learn more about the disease they are trying to address.



There is an urgent need to include research participants from every community. Including people from all backgrounds ensures the research can help **EVERYONE!**

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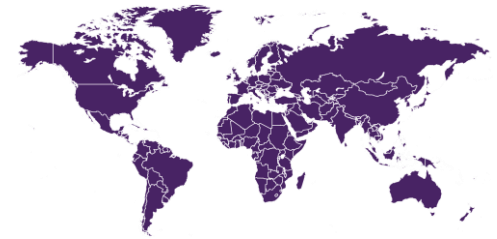
# An Aging Workforce



**19%** Roughly, one-fifth of U.S. workers today are 65 years of age or older, a figure that's nearly double the 1987 rate.

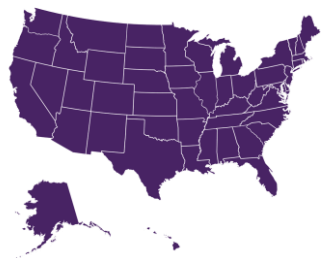


For every 100 people diagnosed with dementia, **five to 10** are younger than 65 and are therefore considered “younger-onset.”



For every 100,000 workers aged 30 to 64, 119 develop younger-onset dementia, translating to: **3.9 million cases worldwide.**

# Caregivers in the Workforce



**Over 11 million**

Americans provide unpaid care for people living with Alzheimer's or other dementias.

**6 in 10**

caregivers were employed in the past year.



These individuals worked an average of

**35 hours**



per week while caregiving.

**18%** of caregivers went from full-time to part-time or cut back hours.



**Nine percent** of caregivers gave up working entirely.



# Women and Alzheimer's Disease



In the U.S., more than **10 million** women are either living with Alzheimer's or caring for someone who has it.



Over **60%** of Alzheimer's and dementia caregivers are women.



Almost **2/3** of Americans living with Alzheimer's are women.



At the Alzheimer's Association<sup>®</sup>, we believe that diverse perspectives are critical to achieving health equity — meaning that all communities have a fair and just opportunity for early diagnosis and access to risk reduction and quality care.

The Association is committed to engaging underrepresented and underserved communities and responding with resources and education to address the disproportionate impact of Alzheimer's and dementia.

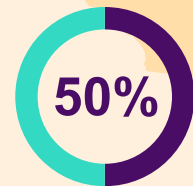


**Learn more at [alz.org/DEI](https://alz.org/DEI)**

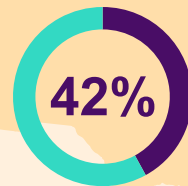
## DISCRIMINATION

is a barrier to  
Alzheimer's and  
dementia care.

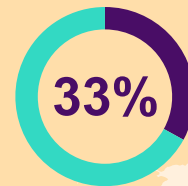
These populations  
reported  
discrimination when  
seeking health care:



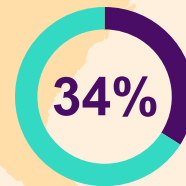
of **Black**  
Americans



of **Native**  
Americans



of **Hispanic**  
Americans



of **Asian**  
Americans



## Hispanic, Black, and Asian American dementia caregivers indicate:



Greater care demands



Less use of outside help



Greater depression

**compared to White American caregivers.**

# Hispanic Americans and Alzheimer's Disease

Hispanic Americans are about **1.5 times** as likely as White Americans to have Alzheimer's and other dementias.



**57%** believe that a significant loss of memory or cognitive abilities is a “normal part of aging.”



**1 in 3** report that they have experienced discrimination when seeking health care.



# Native Americans and Alzheimer's Disease

By 2060, the number of American Indian/Alaska Native individuals 65 and older living with dementia is projected to increase by **4 times**.



As many as **1 in 3** will develop Alzheimer's or another dementia.



**61%** say that affordability of care is a barrier.



Source: *Racial and ethnic estimates of Alzheimer's disease and related dementias in the United States (2015–2060) in adults aged ≥65 years,* Alzheimer's & Dementia®: The Journal of the Alzheimer's Association 2019.

# LGBTQ+ Americans and Alzheimer's Disease

LGBTQ+ older adults living with dementia are significantly more likely to live alone, not be partnered or married, not have children, and not have a caregiver.



They face unique challenges in accessing support:



**40%** report that their support networks have become smaller over time.



Up to **30%** experience lower rates of access to care.

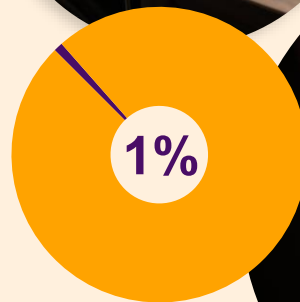


# Underrepresentation in Clinical Trials



<1%

In the last two decades, <1% of the NIH's total budget has gone to research projects focused on AAPI individuals.



1%



≈1%

American Indian and Alaska Native individuals make up only ≈1% of participants in NIH clinical research studies.

Sources: Trends in Clinical Research Including Asian American, Native Hawaiian, and Pacific Islander Participants Funded by the US National Institutes of Health, 1992 to 2018, JAMA Network Open. 2019;2(7).

American Indian and Alaska Native Enrollment in Clinical Studies in the National Institutes of Health's Intramural Research Program. Ethics & Human Research. 2021;43:3.



DONATE

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# Over 7 Million Loved Ones Living with Alzheimer's Need You



**Give Help. Give Hope.  
Give Now.**

One-time

Monthly

\$120

\$100

\$80

\$50

\$35

\$25

\$ **120**

USD ▾

Dedicate this donation

Honoree name

[Call Our 24/7 Helpline](#) 800.272.3900

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## ABOUT ALZHEIMER'S & DEMENTIA

[Know the Early Signs of Alzheimer's](#)

[What is Alzheimer's Disease?](#)

[What is Dementia?](#)

[Alzheimer's Disease vs. Dementia](#)

[Assessing Symptoms & Seeking Help](#)

[10 Steps to Approach Memory Concerns in Others](#)

[How is Alzheimer's Disease Diagnosed?](#)

[Stages of Alzheimer's](#)

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- [I Have Alzheimer's](#)
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Once you've donated, you'll be able to add a personal message and send a card.

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## RESEARCH

Research & Progress

For Professional Researchers

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#### GET INVOLVED

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Help Us Fight Alzheimer's  
and All Other Dementia

Donate Now

Once you've donated, you'll be able to add a personal message and send a card.

DONATE



### [ALZ Talks: Take Charge of Your Brain Health](#)

Join us to learn how everyday actions can impact brain health, including memory and thinking. Explore new tools and resources from the Alzheimer's Association to check your habits and discover positive steps you can take to protect your brain. This webinar is supported by Lantheus.

Jan. 29, 2026

[Educational Programs](#)



### [Do What You Love to End ALZ™](#)

Hiking, golfing, gaming, crafting, hosting a cookout or playing pickleball or bridge — no matter what your passion is, you can make it a fundraiser to end Alzheimer's.

Jan. 1 – Dec. 31, 2025

[Fundraising](#)



### [Support Groups](#)

The Alzheimer's Association offers peer- or professional-led groups for caregivers and others facing Alzheimer's disease. Find virtual and in-person events.

Jan. 1 – Dec. 31, 2025

[Support Groups](#)



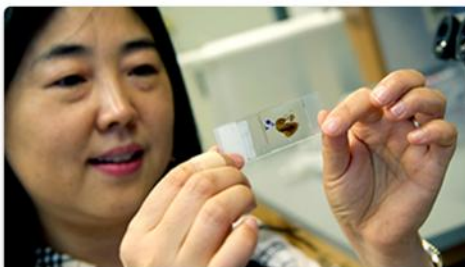
The Alzheimer's Association supports professionals in the fight against Alzheimer's and other dementia through a comprehensive suite of trusted resources and services. Stay up-to-date on the latest guidelines, continuing education, tools and training specific to your field.

## Select a Professional Area



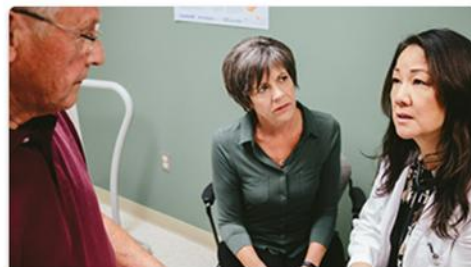
### ALZPro™

ALZPro is the central hub for professionals to find evidence-based, person-centered dementia resources from the Alzheimer's Association.



### Professional Researchers

Scientists investigating the causes, treatment and prevention of Alzheimer's and other dementias.



### Health Systems and Medical Professionals

Find health systems resources for health care professionals caring for patients with Alzheimer's or other dementia.



[View Discussions For People Living with Dementia](#)



[View Discussions for Caregivers](#)



[Discusiones en Español](#)



[Browse All Discussions](#)



[Account Assistance](#)



[Help](#)

### Welcome!

It looks like you're new here. Sign in or register to join the conversation.

[Sign In](#)

[Register](#)

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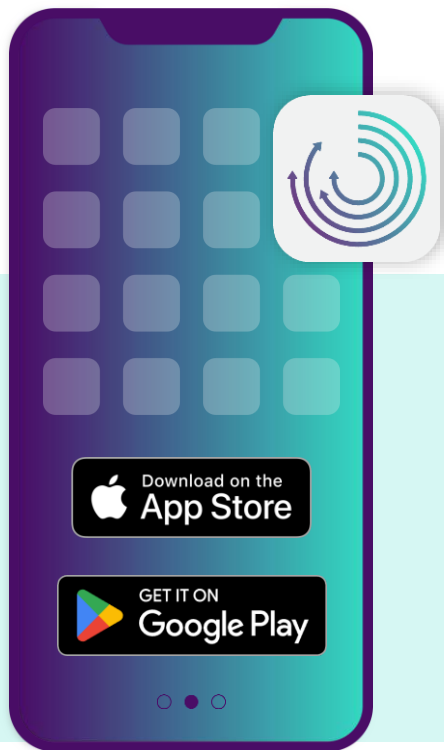
ALZHEIMER'S ASSOCIATION

## ALZ TALKS

Patrocinado por Procter & Gamble

**Tome control de su salud cerebral**

18 de diciembre | 10 a.m. CST



## My ALZ Journey

ALZHEIMER'S  ASSOCIATION®

**Support, guidance  
and connection for  
newly diagnosed  
people and care  
partners –  
all in one app**



Free mobile app for newly diagnosed individuals and care partners



Provides personalized guidance, trusted resources and local connections



Helps users understand their diagnosis, stay independent and plan for the future



Connects users to their local Alzheimer's Association chapter for programs and support



Built with input from people living with dementia and care partners



## 24/7 Helpline



The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering confidential information and support for people living with dementia, caregivers, families and the public.



## Free Education and Support

The Association offers robust information, education and support both in person and online, and helps to connect individuals with resources in the community.

## ALZNavigator

Just answer a few questions about your situation and ALZNavigator will guide you to the resources and tools you need today and throughout each step of the disease — all in one place. Whether you're a caregiver, a person living with dementia, or someone concerned about memory loss, find the support you need.

**ALZNAVIGATOR**  
ALZHEIMER'S ASSOCIATION

**In Person or Virtual Education**

**communityoutreachok@alz.org**

### **10 Warning Signs of Alzheimer's**

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Learn about 10 common warning signs and what to watch for in yourself and others. (30 or 60 mins)

---

### **Understanding Alzheimer's and Dementia**

Alzheimer's is not normal aging. It is a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; Alzheimer's stages and risk factors; current research and treatment options; and Alzheimer's Association resources. (30 mins or 1 hour)

---

### **Brain Building Healthy Habits**

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia. Participants will learn healthy habits for your brain, why brain health is important at all ages and will give you tools to make your personalized action plan for brain-healthy habits. (45 mins or 1 hour).

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### **Managing Money: A Caregiver's Guide to Finances**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. (30 min or 1 hour)

## **The Empowered Caregiver**

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

### **Building Foundations of Caregiving**

This program explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

### **Supporting Independence**

This program focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

### **Communicating Effectively**

This program teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

### **Responding to Dementia-Related Behaviors**

This program details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

### **Exploring Care and Support Services**

This program examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

**In Person or Virtual Education**

**communityoutreachok@alz.org**



## Education Center

[Program Catalog](#) | [Clinical Education](#) | [Research Webinars](#) | [Public Health](#) | [My Programs](#) | [Help](#) | [My Account](#)



Welcome to the Alzheimer's Association Education Center. The Association offers a number of Alzheimer's and dementia programs available online, 24 hours a day. Please click on a program title below for more information, or use the search folders to find the right program for you.

For Alzheimer's and dementia education in Spanish, please click [here](#).



Treatment Update from  
Chief Science Officer,  
Maria C. Carrillo, Ph.D.

Read Now



# Program Catalog of Education

training.alz.org



## 10 Warning Signs of Alzheimer's

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others. Closed Captioning (CC) available.

CLOSED CAPTION GENERAL INFORMATION



## Understanding Alzheimer's and Dementia

Learn about the difference between Alzheimer's and dementia, stages, risk factors and more. Closed Captioning (CC) available.

CLOSED CAPTION GENERAL INFORMATION CAREGIVING EARLY STAGE



## Managing Money: A Caregiver's Guide to Finances

Learn about the costs of caregiving and the benefits of early financial and legal planning. Closed Captioning (CC) Available.

CLOSED CAPTION GENERAL INFORMATION CAREGIVING EARLY STAGE MIDDLE STAGE



## Transitions in Care

Moving a loved one with dementia into a long-term care community can be emotionally challenging. This program offers tips and support to help caregivers assess needs, explore options, understand coverage and stay involved after the move.

LATE STAGE CAREGIVING MIDDLE STAGE



## Approaching Alzheimer's: First Responder Training

This free online course will help prepare you to respond to common calls involving a person with dementia.

FIRST RESPONDERS POLICE



## Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

GENERAL INFORMATION CAREGIVING EARLY STAGE

# Program Catalog of Education

training.alz.org



ALZHEIMER'S ASSOCIATION

## Effective Communication Strategies

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

LATE STAGE GENERAL INFORMATION CAREGIVING EARLY STAGE MIDDLE STAGE



ALZHEIMER'S ASSOCIATION

## Living with Alzheimer's: For People with Alzheimer's

Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

EARLY STAGE



ALZHEIMER'S ASSOCIATION

## Living with Alzheimer's: For Caregivers - Early Stage

Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

CAREGIVING EARLY STAGE



ALZHEIMER'S ASSOCIATION

## Living with Alzheimer's: For Caregivers - Middle Stage

Hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

CAREGIVING



ALZHEIMER'S ASSOCIATION

## Living with Alzheimer's: For Caregivers - Late Stage

Hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

CAREGIVING



ALZHEIMER'S ASSOCIATION

## Living with Alzheimer's: For Younger-Onset Alzheimer's

Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

CAREGIVING EARLY STAGE



ALZHEIMER'S ASSOCIATION

## Understanding and Responding to Dementia-Related Behavior

Learn to about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.

GENERAL INFORMATION CAREGIVING MIDDLE STAGE

# Clinical Education

training.alz.org



## Dementia Clinical Care Foundations (CME, CNE, Social Work CE, Pharmacy CEUs)

This three-part video series will address core concepts of dementia care including: (1) Screening (2) Diagnosis and Treatment and (3) Person-Centered Approaches to Dementia Behavior Management

PERSON CENTERED CARE SOCIAL WORKERS CLINICIANS CLINICAL EDUCATION CME CNE



## Dementia Clinical Care Education Series - (CME, CNE, CE)

This four-part continuing education video series, designed for physicians, nurses, social workers and physician assistants, outlines strategies in dementia care specifically focused on; Epidemiology, Diagnosis, Assessment and Mild Cognitive Impairment.

SOCIAL WORKERS COGNITIVE IMPAIRMENT PHYSICIAN ASSISTANTS CLINICIANS VASCULAR RISKS  
ASSESSMENT CLINICAL EDUCATION CME CASE PRESENTATIONS PERSON-CENTERED CARE CNE  
NURSES COMMUNICATION



## Neuroimaging PIA: Clinical Case Reports (CME, Physician Assistant CME, CNE, Pharmacy CEU)

Recorded on May 20, 2025 (10:00 AM CT)

Program covers clinical content from experts in the field, and will take the form of a detailed walk-through of a clinical case study or studies followed by a quiz, and Q&A.

PHYSICIAN ASSISTANTS PIA - NEUROIMAGING PHYSICIANS PHARMACISTS CLINICAL EDUCATION  
CME PHARMACY CEUS CNE NURSES



## AAIC 2025 On-Demand Presentations (Physician and Physician Assistant CME, CNE, Pharmacy CEUs, Dietician CPEUs and IPCE)

Experience select presentations on-demand from the diverse scientific program of AAIC 2025. Immerse yourself in cutting-edge content on dementia while earning continuing education credit.

# Alzheimer's and Dementia Research Webinars

[training.alz.org](https://training.alz.org)

ISTAART

LEARNING

LEARNING

## Evaluating and Improving Engagement of People with Lived Experience in Dementia Research Pt.4

April 23, 2026 (3:00 PM CT)

Each learning series participant will take part in both didactic learning and discussion sessions that helps them develop an evaluation plan for a research/project that engages people with lived experience of dementia in order to improve their work

PIA - PARTNERING WITH RESEARCH PARTICIPANTS

ISTAART

LEARNING

LEARNING

## Evaluating and Improving Engagement of People with Lived Experience in Dementia Research Pt.3

February 18, 2026 (10:00 AM CT)

Each learning series participant will take part in both didactic learning and discussion sessions that helps them develop an evaluation plan for a research/project that engages people with lived experience of dementia in order to improve their work

PIA - PARTNERING WITH RESEARCH PARTICIPANTS

ISTAART

LEARNING

LEARNING

## Clinical Trials Advancement and Methods PIA: Year in Review

January 7, 2026 (4:00 PM CT)

During this webinar, speakers will highlight notable publications in the field since January 2025, followed by a panel discussion on predictions for 2026.

PIA - CLINICAL TRIALS ADVANCEMENT AND METHODS

ISTAART

LEARNING

LEARNING

## Nonpharmacological Interventions PIA: Year in Review Webinar

January 6, 2026 (10:00 AM CT)

During this webinar, speakers will highlight notable publications in the field since January 2025, followed by a panel discussion on predictions for 2026.

PIA - NONPHARMACOLOGICAL INTERVENTIONS

# Public Health

training.alz.org



## Public Health and Dementia — Part 1: Understanding the Public Health Impact of Dementia (CHES CE)

This course explores the public health impact of dementia and the role of public health organizations in promoting brain health.

DEI PUBLIC HEALTH CAREGIVING RISK REDUCTION EARLY DETECTION



## Public Health and Dementia — Part 2: Implementing Public Health Strategies for Dementia (CHES CE)

This course explores the Healthy Brain Initiative (HBI) Road Map and how public health strategies can be used for public health action on dementia.

PUBLIC HEALTH CAREGIVING RISK REDUCTION HBI ROAD MAP EARLY DETECTION



## Health Equity in Dementia — Using a Public Health Lens to Advance Health Equity in Alzheimer's and Other Dementia (CHES CE)

This course focuses on the health equity aspect of Alzheimer's disease and other dementias from a population-based, life course approach to reduce risk and ensure that everyone can live their best life after a diagnosis.

EQUITY DEI PUBLIC HEALTH



## Public Health and Dementia Risk Reduction (CHES CE)

This module covers why a public health approach is important for addressing risk factors for dementia, and what public health professionals can do to reduce the possible dementia risk in the populations they serve

PUBLIC HEALTH RISK REDUCTION



## Public Health and Early Detection of Dementia (CHES CE)

This module explores public health strategies that can be used to increase awareness of and access to early detection of dementia.

PUBLIC HEALTH EARLY DETECTION



## Public Health and Dementia Caregiving (CHES CE)

This course covers why dementia caregiving is a public health issue and what public health organizations can do about dementia caregiving.

DEI PUBLIC HEALTH CAREGIVING



Learn More and Apply:  
<https://www.alz.org/center-for-dementia-respite-innovation>

## ABOUT THE CENTER FOR DEMENTIA RESPITE INNOVATION

The Alzheimer's Association® Center for Dementia Respite Innovation (CDRI) funds community-based respite care innovation projects across the country.

The CDRI will award grants totaling \$4 million to respite care providers to develop and improve the quality of available services, especially in communities at higher risk for Alzheimer's or other dementia.

## GRANT SUPPORT

The CDRI will support grant recipients through online training and technical assistance to ensure that respite services are dementia-capable.

## GRANT ELIGIBILITY

Local organizations or providers, currently, or interested in, providing dementia-related respite services to communities at higher risk for Alzheimer's or other dementia are encouraged to apply.

## GRANT - KEY DATES

Grant Application Period: February 2 - March 30, 2026

Required Letter of Intent: March 2, 2026


Award Notification: May 15, 2026

Participation Period: July 1, 2026 - June 30, 2027 with the potential opportunity to apply for future continuation awards.



Join us at a Walk near you!

Tulsa - September 19  
Lawton - September 26  
Stillwater - September 26  
Ardmore - October 3  
Ponca City - October 10  
Enid - October 16  
Oklahoma City - October 24

**WALK**<sup>TM</sup>  
**TO END**  
**ALZHEIMER'S**  
ALZHEIMER'S  ASSOCIATION<sup>®</sup>

For registration or more information, visit [alz.org/okwalk](https://alz.org/okwalk)

Do What You Love to End ALZ makes it easy to make a difference. It's simple, flexible and starts with you — doing something you love and turning it into a fundraiser to end Alzheimer's and all other dementia.

There's no limit to what you can do!

From hiking, golfing, gaming, or crafting, to playing pickleball or bridge, hosting a cookout or purple party — choose your passion, add the power of your community, and get started.

# DO WHAT YOU LOVE TO END ALZ

ALZHEIMER'S ASSOCIATION

[alz.org/dowhatyoulove](http://alz.org/dowhatyoulove)



# aware

ALZHEIMER'S ASSOCIATION THE ALLIANCE OF WOMEN FOR ALZHEIMER'S RESEARCH AND EDUCATION

**OKC AWARE Luncheon**  
**Tuesday, April 14, 2026**

**AWARE** (The Alliance of Women for Alzheimer's Research and Education) is a movement to raise awareness of the effect Alzheimer's disease has on women.

In the United States, over 13 million women are either living with or caring for someone who has the disease. This unbalanced burden forces women to make difficult, yet necessary decisions that impact our families, our careers, and our relationships.

Together, our goal is to raise one united voice with the passion and commitment to make a real change, and that change is to "eliminate Alzheimer's disease." When we talk about Alzheimer's, we raise awareness, inspire action, and change the future.

For more information on how you can be a part of this special event, please visit [AWAREOK.org](http://AWAREOK.org) or email Dana Edwards at [daedwards@alz.org](mailto:daedwards@alz.org)

**Tulsa AWARE Luncheon**  
**Tuesday, November 10, 2026**



ALZHEIMER'S ASSOCIATION



# Join Us!

- ✓  Learn more about the Alzheimer's Association.
- ✓  Help your colleagues by providing education or a support group.
- ✓  Promote brain healthy habits at home and work.
- ✓  Fight Alzheimer's through a fundraising activity of your choice on a day that works for you.
- ✓  Become a community partner.
- ✓  Visit [alz.org](https://www.alz.org) or call our helpline to learn more.



# Thank You!

Feel Free to contact me:

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