

Shared Resource Links

culinarymedicine.org

<https://www.alz.org/getmedia/3d226bf2-0690-48d0-98ac-d790384f4ec2/alzheimers-facts-and-figures-special-report.pdf>

https://www.cdc.gov/physical-activity-basics/adding-older-adults/what-counts.html#cdc_generic_section_1-aerobic-activity

<https://www.alz.org/getmedia/71082c97-12af-4c79-ae1a-4214bfcf143a/ph-bold-center-science-summary-exercise.pdf>

Free 2-day conference Sept 16-17 US Against Alzheimer's National Annual Summit:

<https://web.charityengine.net/2026Summit->

[Registration?sm_guid=MTA0ODczMHw4NzMxNzYxMnwtMXxnaW5hcm9zc0BiZWxsc291dGubmV0fDkwMjk5MTZ8fDB8MHwzMzE4MTQwOTB8MjMxN3wwfDB8fDE5NTg0NDR8MA2](https://web.charityengine.net/2026Summit-Registration?sm_guid=MTA0ODczMHw4NzMxNzYxMnwtMXxnaW5hcm9zc0BiZWxsc291dGubmV0fDkwMjk5MTZ8fDB8MHwzMzE4MTQwOTB8MjMxN3wwfDB8fDE5NTg0NDR8MA2)