

## KIRTI KHALSA, CEO

Kirti Khalsa's eclectic background has given her the tremendous experience she's needed to help take the Alzheimer's Research and Prevention Foundation from its inception to what it has accomplished and to where it is today.

Her family heritage goes back to Austria and Northern Italy and then Rome, where she was raised. Professionally, she began working in the hospitality industry at the Sheraton Hotel in Rome. Later she became the marketing director for export countries, then director of regulatory affairs for Serono Labs, a large multi-national pharmaceutical company.

She also worked for the CFO at Serono's corporate headquarters, moving from Rome to Switzerland. During those years, she was a martial arts student, holding a black belt in one martial art, and a brown belt in another.

After Dr. Khalsa and she were married in 1992, she became co-founder of the Foundation and has served as COO since then, helping establish the ARPF as the first organization to study the integrative approach to the prevention of cognitive decline and Alzheimer's disease. Kirti started serving as ARPF CEO in 2018.

Under her guidance, dedication, and hard work, the ARPF has done breakthrough research at leading academic medical centers such as UCLA, University of Pennsylvania, University of Arizona and West Virginia University. This research has been published in many prestigious journals, including *the Journal of Alzheimer's Disease*. She has also guided the ARPF in the development of its *Brain Longevity® Therapy Training Program* with the goal of training one million therapists in its *Four Pillars of Alzheimer's Prevention®*.

Her ability and desire to connect with people, speaking five languages, and her particular kinship with the older generations has allowed ARPF to grow and expand in the Alzheimer's and greater wellness community.

For Kirti, this work has deep personal meaning and her opportunity to give back: she has been practicing lifestyle-based therapies and yoga since she was 19 and became a caregiver in her early teenage years.

With strong work and personal ethics and a keen eye for progress, Kirti is working on the expansion of programs to prevent Alzheimer's and improve brain health in all populations at risk, including notably those suffering from healthcare disparities.

With her help the Alzheimer's Research and Prevention Foundation is the world's leader in meditation and memory.

In her spare time, Kirti enjoys gardening, cooking, learning new languages, reading and spending time with her husband and family.