



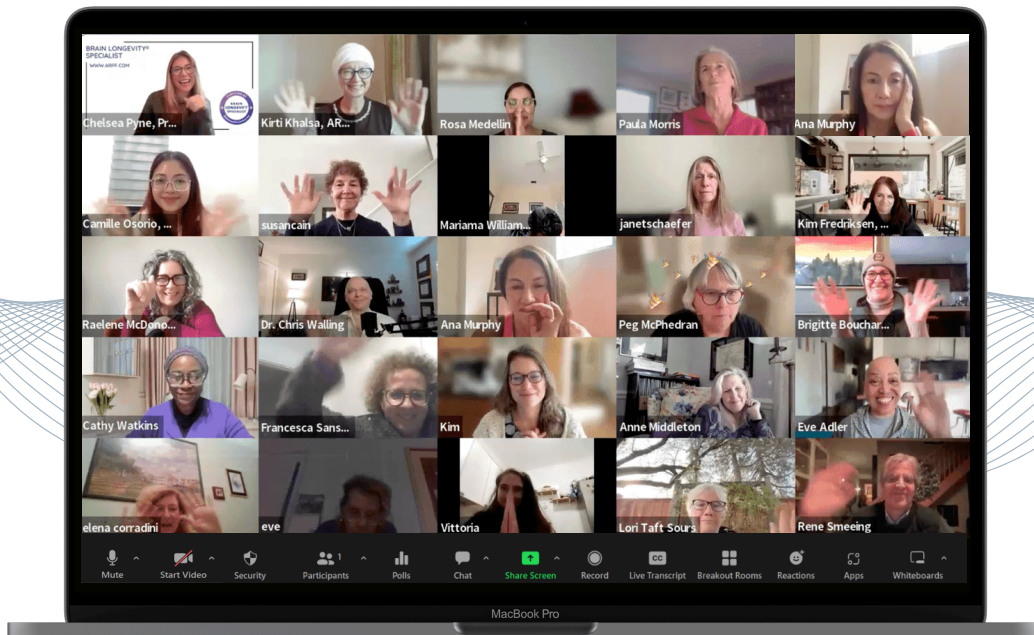
ALZHEIMER'S
RESEARCH & PREVENTION
FOUNDATION

a 501(c)(3) charitable organization



2025
ANNUAL REPORT

WHAT OTHERS ARE SAYING ABOUT ARPF PROGRAMS



Really wonderful week-long event to give caregivers insights into their own health, which they forget. I am really enjoying the practical nature of the information, easy to take with us into daily life. – JT

This presentation was so very powerful. Brought many emotions and yet a lightness of being and thoughts of how I can manage my sorrow better and be a better caregiver as well. – Amber

I would like to extend my deepest appreciation for ARPF's participation during our Wounded Warrior Project 4 Pillars of Alzheimer's Prevention® Wellness Series for our warriors and family members. This four-part virtual Wellness Series would not have been possible without the support of Alzheimer's Research and Prevention Foundation and the Brain Longevity® Therapy Training I had the honor of completing. Our participants walked away with several tools, such as the Kirtan Kriya, to empower them to make healthy behavior changes for optimal brain health. In total, 147 warriors and families attended the four sessions.

Aside from joining our sessions, I am so grateful for the sharing of ARPF-specific resources for our veterans and families including Movement Week and Caregiver Appreciation Week. Thank you so much for your help in making this a one-of-a-kind learning experience for our warriors and families! I hope we can continue our collaborative efforts for the greater good of our post-9/11 veterans and families.
– Samantha Vieira, MPH, RYT-200, ATA, BLS, Physical Health and Wellness Coach

A WORD FROM OUR PRESIDENT

Dear ARPF community,

As I look back on 2025, one word comes to mind: **Movement**. Last year, we talked about how we've worked for over 3 decades to build an ever-growing foundation of prevention. This year, we stood upon it. In 2025, we took the peer-reviewed research off the page and put it into the hands of the people, transforming findings into real-world resilience. We didn't just share a message of hope; we created the tools to act on it.

2025: A Year of Radical Access. This year was defined by our commitment to making brain longevity a right, not a privilege. We are proud to share that:

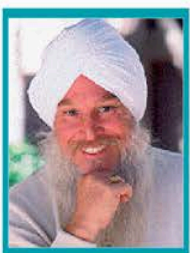
- **We hosted 50 events (just about one per week)** – bringing The 4 Pillars of Alzheimer's Prevention® to life.
- **The vast majority of these programs were free**, ensuring that financial barriers never stand in the way of a vibrant brain.
- **Our reach expanded** from professional certifications to kitchen tables, reaching people where they live, work, and age.

We have reached a tipping point where the global conversation has shifted. Prevention is no longer a 'fringe' concept; it is increasingly recognized as a central pillar of brain health. Whether it was through our feature in Arnold Schwarzenegger's newsletter, *Arnold's Pump Club*, or our grassroots community workshops, the world is listening because you are speaking up for Brain Longevity®.

This progress is fueled by your generosity. Because of our donors, we can keep many events free. Because of our researchers, we keep our data sharp. And because of you, our community, we keep our mission of Alzheimer's prevention alive.

Thank you for being the heartbeat of this movement.

With profound gratitude and hope,



Dharma Singh Khalsa, MD
DHARMA SINGH KHALSA, M.D.
President / Medical Director



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OUR MISSION

The mission of the Alzheimer's Research and Prevention Foundation is to prevent Alzheimer's disease by funding integrative medicine research, advancing professional training, and translating evidence-based practices through educational outreach and memory screenings.

ARPF is also expanding its work with public health systems, including collaboration with the Maricopa County Department of Public Health through the Health Improvement Partnership of Maricopa County to bring prevention strategies into community-based settings.



**HEALTH IMPROVEMENT
PARTNERSHIP OF
MARICOPA COUNTY**
www.hipmc.org

WAYS TO SUPPORT ARPF

As a non-profit, ARPF depends on the generous donations of individuals and groups. These contributions support year-round efforts. We are beyond grateful.

Donate: Alzheimersprevention.org/donate

Participate: Join our programs at arpf.com

Volunteer: We love volunteers! Email us at info@alzheimersprevention.org

Follow Us: [Facebook.com/preventad](https://www.facebook.com/preventad) & [@alzresearchfoundation](https://www.instagram.com/alzresearchfoundation)

We also gladly accept donations of:

- Stocks
- Cryptocurrency
- Donor Advised Fund (DAF)
- Required Minimum Distribution
- IRA Distribution

IMPACT SPOTLIGHT



Zoi Zhang, RYT, BLS

The Alzheimer's Prevention Movement is now a global initiative. Advocates all over the world are bringing ARPF research and tools to their communities. In Asia, Zoi Zhang, RYT, BLS is working with Dementia Singapore, a government-supported nonprofit to bring Brain Longevity® practices into community programs.

Zoi's motivation is personal. Her father has lived with vascular dementia for several years, and she realized how rarely dementia is openly discussed or understood in Singapore, where it is often confused with general mental illness. To better support him and help other families, she enrolled in ARPF's Brain Longevity Therapy Training (BLTT).

Zoi created BLTT-informed workshops that quickly gained traction and demonstrate how ARPF's model can be adapted across cultural and community contexts. **Her sessions offer practical tools and a rare sense of relief and community, giving participants time to connect with others facing similar challenges.**

Her Brain Longevity workshops routinely get 70 or more sign-ups. Participants love the nutritional guidance and simple yoga practices they can use at home. Zoi now mentors others interested in community outreach and is grateful to Dementia Singapore for backing one of the country's first Brain Longevity workshops. **Together, our efforts show how one family's experience can spark wider awareness and support for healthy aging.**



Zoi's Brain Longevity class

Together, we are changing the world

RESEARCH HIGHLIGHTS

ARPF continues to contribute to the scientific literature advancing lifestyle-based and integrative approaches to Alzheimer's prevention. In 2025, we published:

- A new paper in the *Journal of Alzheimer's Disease*: "Air Pollution and Alzheimer's Prevention: The Science and a Plan."
- A new research paper in the *Canadian Journal of Psychiatry*, "Peripheral Alzheimer's Disease Biomarkers Are Related to Change in Subjective Memory in Older Women with Cardiovascular Risk Factors in a Trial of Yoga vs. Memory Training: Lien établi entre les biomarqueurs périphériques de la maladie d'Alzheimer et l'amélioration de la mémoire subjective chez les femmes âgées présentant des facteurs de risque cardiovasculaire dans le cadre d'un essai comparant le yoga à l'entraînement de la mémoire."
- A new paper in the *Journal Maturitas*: "Kirtan Kriya Meditation and Kundalini Yoga for at Risk Menopausal Women's Memory: A Randomized Controlled Trial."

We also...

- Presented at the National Alzheimer's Buddies Symposium.
- Had an exhibit booth at the American Society on Aging, *On Aging Conference*.
- Had an exhibit booth at the International Association of Yoga Therapy annual conference.
- Hosted a Case Study Writing Workshop to train healthcare providers in documenting and evaluating clinical outcomes.
- Presented at the Neuroscience of Yoga Conference.
- Awarded a \$30,000 grant to the California Institute of Integral Studies to launch a research psychology research fund, supporting collaborative research and student involvement in emerging areas of brain health, spiritual fitness, and ecopsychology.



Research Psychology
California Institute of Integral Studies

COMMUNITY PARTNERSHIPS

Community partnerships are a crucial link that allow us to extend our reach, share our resources, and deliver on our promise to the community. We deeply value our partners and fellow advocates. Together, we are stronger, and together, we can achieve lasting change in Alzheimer's Prevention.



Sam Vieira, MPH, RYT-200, ATA, BLS at the Wounded Warriors Project Emerging Leaders Development Program graduation ceremony with previous CEO, Mike Linnington



On behalf of the National Alzheimer's Buddies (NAB) team, I want to express our sincere gratitude for your time and expertise at today's symposium. Thank you for joining us this year and sharing your valuable insights! Your perspective helped highlight the importance of non-pharmacological interventions and community health strategies in shaping a more inclusive and supportive future for individuals living with dementia and their families. We heard from many of our college volunteers and attendees who were deeply inspired by your insights, and the feedback we received was overwhelmingly positive.

– Leo Zhang, CDO National Alzheimer's Buddies



ARPF research on Kirtan Kriya meditation was featured in Arnold Schwarzenegger's wellness newsletter, *Arnold's Pump Club*. Arnold shared, yoga and meditation create a "neuroprotective cocktail" that supports brain health, reduces stress, and enhances focus.



Golfers fundraise for ARPF in eastern PA



NATIONAL ALZHEIMER'S BUDDIES



OUTREACH & PROGRAMS

Because of donors like you, we were able to expand key programs, strengthen outreach, and invest in the dedicated individuals who carry our work forward. That growth reflects more than numbers – it represents a community of advocates rising together for a common cause.



THE PREVENTION MOVEMENT

In 2025, ARPF organized and participated in 50 educational programs. An overwhelming majority of these events were free. Access to life-changing research and education is such an important aspect of ARPF.

This is all thanks to our generous community. We're deeply grateful for your commitment and inspired by your belief that prevention, education, and research can and will change lives. Together, we're not just imagining a world without Alzheimer's – we're building it.

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FINANCIAL OVERVIEW

Over the past year, the Foundation showed significant forward progress – not only in its mission to address Alzheimer’s through research and prevention, but also in its financial health. The organization’s advancement was reflected in stronger donor engagement, increased operational capacity, and a sharpened sense of discipline and strategic focus.

New federal policies have affected overall research efforts, but the Foundation’s prudent financial approach is ensuring it can continue its essential work in research, awareness, and advocacy.

Even as advocacy and education expanded, ARPF preserved its clarity and discipline. About 95 cents out of every dollar you invested was directed toward advancing research, education, and public awareness, and the financial outcomes demonstrate our leadership’s balanced dedication to both innovation and responsible management.

Your support didn’t simply back a mission – it powered measurable momentum in the effort to defeat Alzheimer’s, allowing us to reach more people with knowledge, prevention resources, and hope.



With stronger infrastructure, we engaged volunteers and deepened our connections with those we serve. **Every discussion, workshop, and educational resource shared was made possible by your generosity – and its impact continues to grow.**

We closed the year with strengthened financial reserves and no debt obligations – placing us in a solid position to withstand challenges, imagine new possibilities, and create even greater impact ahead. **We are grateful and proud to have your trust and your confidence in our stewardship.**

WHAT GRADS ARE SAYING ABOUT THE



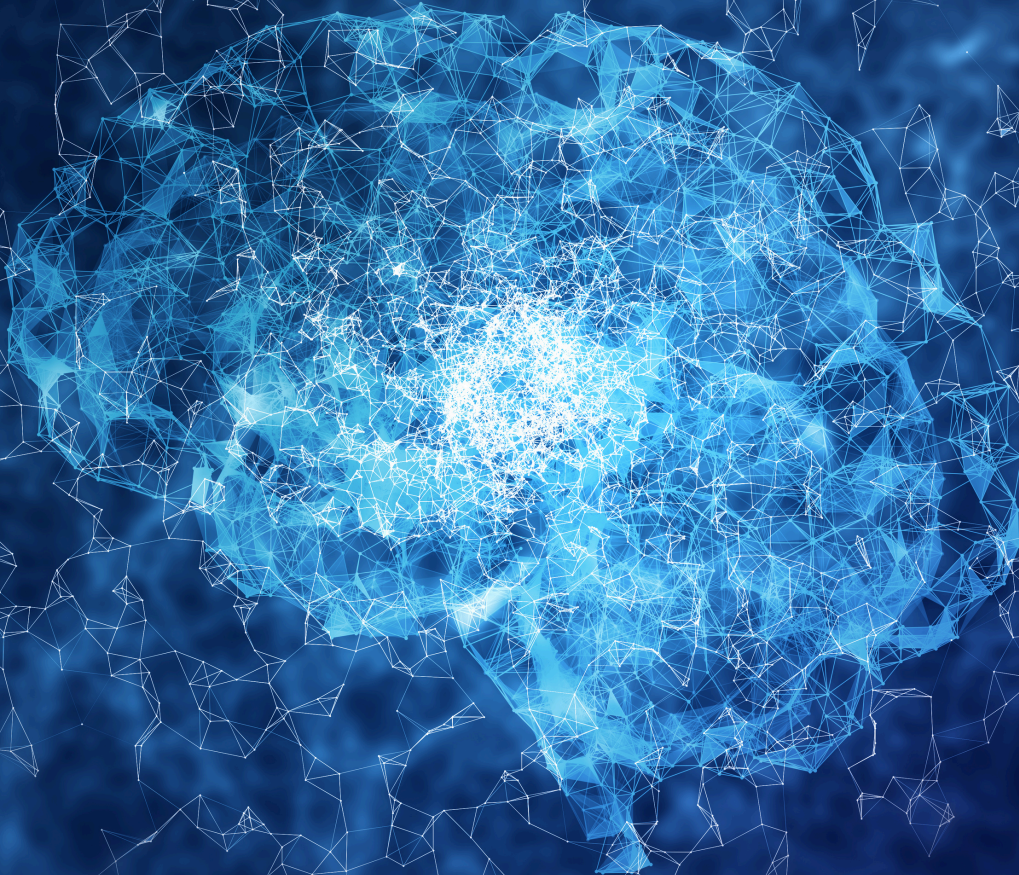
BRAIN LONGEVITY® THERAPY TRAINING

”

*This course renewed my hope for my health and well-being. After a traumatic brain injury in 2021, I've lived with short-term memory loss, cognitive challenges, and aphasia —symptoms that were starting to feel like my 'new normal.' This course offered more than information; **it gave me a research-backed framework for self-care that directly supports brain health and reminded me that neither our health nor our brain is fixed.** We can choose better sleep, more mindful eating, and daily practices that protect and strengthen the brain. As a practitioner, experiencing these tools myself has **challenged the idea that cognitive decline is inevitable and shifted how I think about the brain and how we care for it.** – Cristal Toribio, YACEP, E-RYT, Life Coach*

”

*The training has been of great value to me as a yoga instructor and I have already incorporated elements of the training within my existing yoga classes, **confident in the knowledge that I am helping attendees preserve their cognitive function.** In addition, with family members also experiencing cognitive decline, there has just been so much that I have been able to contribute to help them, from simple dietary changes to encouraging greater social interaction and, of course, increased physical activity and Kirtan Kriya. I cannot thank ARPF enough for all the work they have done in putting this valuable training together. - Michael Devine, RYT- 500, Caregiver*



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