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CONTACT: Kirti Khalsa, CEO – 520-990-6640 – kirti@alzheimersprevention.org

Alzheimer's Research and Prevention Foundation Announces Collaboration with Fitness Learning Systems and the Medical Fitness Network in the development of New Alzheimer's Course for Fitness Industry

(November 8th, 2016) Tucson, AZ. – The Alzheimer's Research and Prevention Foundation (ARPF) is collaborating with the Medical Fitness Network (MFN) and Fitness Learning Systems (FLS) to sponsor and promote the new *Alzheimer's Disease Prevention and Intervention: A Guide to Working with Seniors and People at Risk for fitness industry professionals*.

A portion of the proceeds from the sale of this new course will directly support ARPF programs, which provide research studies, educational outreach, and memory screenings. ARPF's partnership with MFN and FLS aspires to help those with Alzheimer's and their families to make better informed health decisions by providing a resource for education, a key element in the fight against Alzheimer's.

"We are delighted to bring this course to fruition in collaboration with FLS and MFN, and qualify health-fitness professionals to serve their community and clients." said Dharma Singh Khalsa, M.D., Founding President of the ARPF.

According to leading research studies there is a strong connection between physical activity, mental exercise, diet, and lifestyle in preventing Alzheimer's.

"This 11-hour continuing education Specialist Certificate will help prepare fitness & health professionals to work with those suffering from, or at risk for Alzheimer's," says FLS President June Chewning. "We are excited to include a one year MFN membership for those who complete this course so they can be part of this registry that serves the ARPF."

Doctors regularly prescribe diet and exercise as an extension of treatments, however, the patient is often left to their own devices to determine how best to fill the doctor's orders. The patient can search online for diet plans and providers, but it can be a daunting task to find the right solution.

"We're proud to support the work being done by the ARPF and thrilled to collaborate with FLS on this important project by providing a referral platform for those who take this course and those who need help" said MFN founder Lisa Dougherty.

About the Alzheimer's Research and Prevention Foundation (ARPF)

The mission of the Alzheimer's Research and Prevention Foundation is to prevent Alzheimer's disease by funding research studies and providing educational outreach and memory screenings. For 20 years, the ARPF has been on the leading edge by researching, advocating, and educating about a holistic or integrative

approach to preventing memory loss and Alzheimer's. <http://www.alzheimersprevention.org/>

About Fitness Learning Systems (FLS)

Fitness Learning Systems is an IACET Accredited continuing education provider for health & fitness professionals dedicated to creating quality interactive online course material authored by industry experts. To learn more about the course: <http://www.fitnesslearningsystems.com>

About the Medical Fitness Network (MFN)

The Medical Fitness Network (MFN) is a free online resource directory for locating fitness & allied healthcare professionals to help those with chronic disease/medical conditions, including but not limited to: Alzheimer's, Arthritis, Cancer, Diabetes, Fibromyalgia, Heart Disease, Mental Disorders, Multiple Sclerosis, Parkinson's, Pre & Postnatal Care, Respiratory Disease and Stroke. The MFN donates its services as a national database management company to medical, health organizations that do not offer provider resources. <https://www.medicalfitnessnetwork.org/about/>