

Women's Brain Health: The Next Frontier of Wellness

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By Informa Markets

MakeTM time

BRAIN, BODY & BEAUTY
- IN THAT ORDER!

MEET THE WOMEN BEHIND MAKE TIME



Emma Heming Willis



Helen Christoni



Make[™]
time

When was the last time
someone talked to you about
your brain?

Ladies, DID YOU KNOW?

**Make
time**TM



At 30

Women will start losing their memory by **the age of 30.**

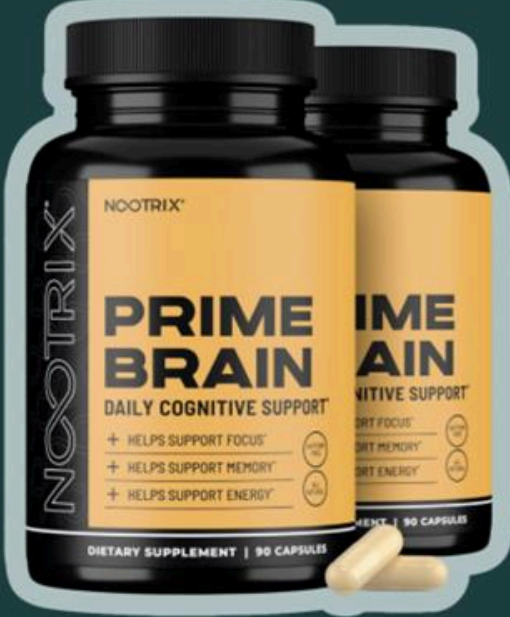
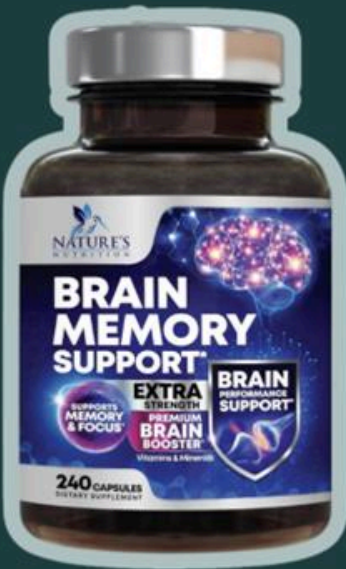
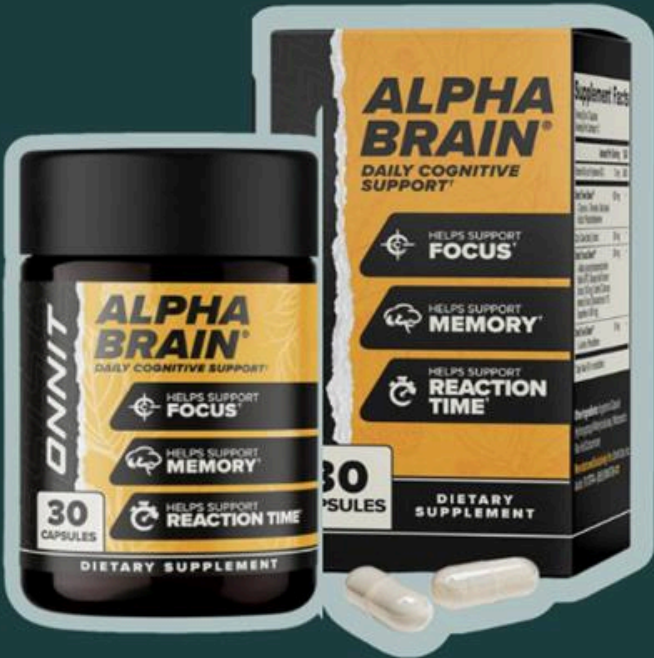
1 in 5

1 in 5 of all Alzheimer's patients in the U.S. **are women.**

1 in 10

Compared to men, who make up 1 in 10 Alzheimer's patients in the US.

THE BRAIN HEALTH CATEGORY



**MakeTM
time**

Our mission is to get the
world thinking seriously **about**
WOMEN'S brain health!

Brain, Body & Beauty - In That Order!



Make time

PODCAST

Industry Leaders and Experts

Join Make Time Wellness co-founders, **Emma Heming Willis & Helen Christoni**, for all things brain, body, & beauty on the **Make Time Podcast**.



Senada Greca

Celebrity Trainer &
Fitness Expert



Kelly Noonan

Director, Author &
Healing Expert



Dr. Bayo Curry-Winchell

Family Medicine Doctor
& Health Advocate



Molly Eastman

Sleep Is a Skill Founder
& Sleep Expert

HFC

Hilarity for Charity

**5% of all Make Time
proceeds** are donated to
Hilarity for Charity.

How It Started vs. How It's Going



2022



2026



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