



2026 ANNUAL SUMMIT

Strength in Motion: Reimagining
Health Through Community,
Policy, and Partnership



Thursday, September 24 -
Friday, September 25, 2026



Fort Pontchartrain, Detroit, MI



An Invitation to Sponsor

We are pleased to formally invite you to partner with Movement Is Life as a strategic sponsor of the National Health Summit, taking place September 24–25, 2026, in Detroit, Michigan.

As Executive Director of Movement Is Life, I am honored to lead an organization dedicated to improving mobility and strengthening the quality of life for women and girls — particularly those 45 and older and who have historically been underserved by healthcare systems. The women we serve are not only at the center of our work; they are the driving force behind it. Through programs like Operation Change, their lived experiences, resilience, and leadership inform how we design programs, influence policy conversations, and build solutions rooted in real community needs.

The 2026 Summit theme, “Strength in Motion: Reimagining Health Through Community, Policy, and Partnership” reflects our belief that meaningful change requires movement on multiple levels—physical, social, and systemic. Movement is Life serves as a bridge between healthcare institutions and community realities, creating spaces where trust is rebuilt, voices are elevated, and collaboration leads to action. By centering women and fostering partnerships grounded in respect and shared purpose, we are helping reshape how health, aging, and mobility are understood and addressed.

The Summit will convene health professionals, researchers, policymakers, philanthropists, and community leaders for two days of high-impact dialogue, learning, and connection. Signature programming will include:

- The PowHer Pitch Competition, spotlighting women-led health and wellness innovation
- National Poster Presentations, featuring both academic research and community-based initiatives
- Philanthropy in Action, a panel highlighting bold, values-driven investments in community-rooted solutions

Your partnership helps ensure broad representation, expanded access, and meaningful engagement—while advancing a shared commitment to improving health outcomes for women and girls nationwide. We offer a range of sponsorship opportunities designed to create visibility, deepen impact, and foster long-term collaboration.

We would be honored to explore how your organization can be part of this movement.



About the Event



For 16 years, the Movement Is Life National Health Summit—previously known as the Caucus—has been situated in Washington, D.C., serving as a powerful national convening of cross-sector leaders, practitioners, researchers, policymakers, and community voices united by a shared commitment to improving health, mobility, and quality of life for women and girls—particularly those historically underserved by healthcare systems. **Now held in Detroit, Michigan, on September 24–25, 2026**, the Summit marks an important evolution in Movement Is Life’s journey. Anchoring this year’s convening in Detroit reflects a strategic commitment to grounding our work in a community with deep leadership, complex health challenges, and strong potential for innovation. Establishing Detroit as a foundational hub strengthens our ability to serve women across Michigan while building the infrastructure needed to support and scale our national programs. This year’s theme, “Strength in Motion: Reimagining Health Through Community, Policy, and Partnership,” underscores how place-based work can inform broader systems change and extend impact well beyond a single region.

As Movement Is Life enters a period of organizational growth and evolution, the 2026 Summit represents a pivotal moment. It offers a unique opportunity for stakeholders to come together to reflect on our collective impact and help shape the future direction of the Movement is Life ecosystem.

Through bold dialogue, community-grounded sessions, and immersive experiences, participants will:

- Celebrate the women at the heart of Movement is Life’s mission
- Examine movement as a pathway to improved function, resilience, and well-being
- Elevate community-centered solutions across research, policy, and practice
- Strengthen authentic, cross-sector collaboration

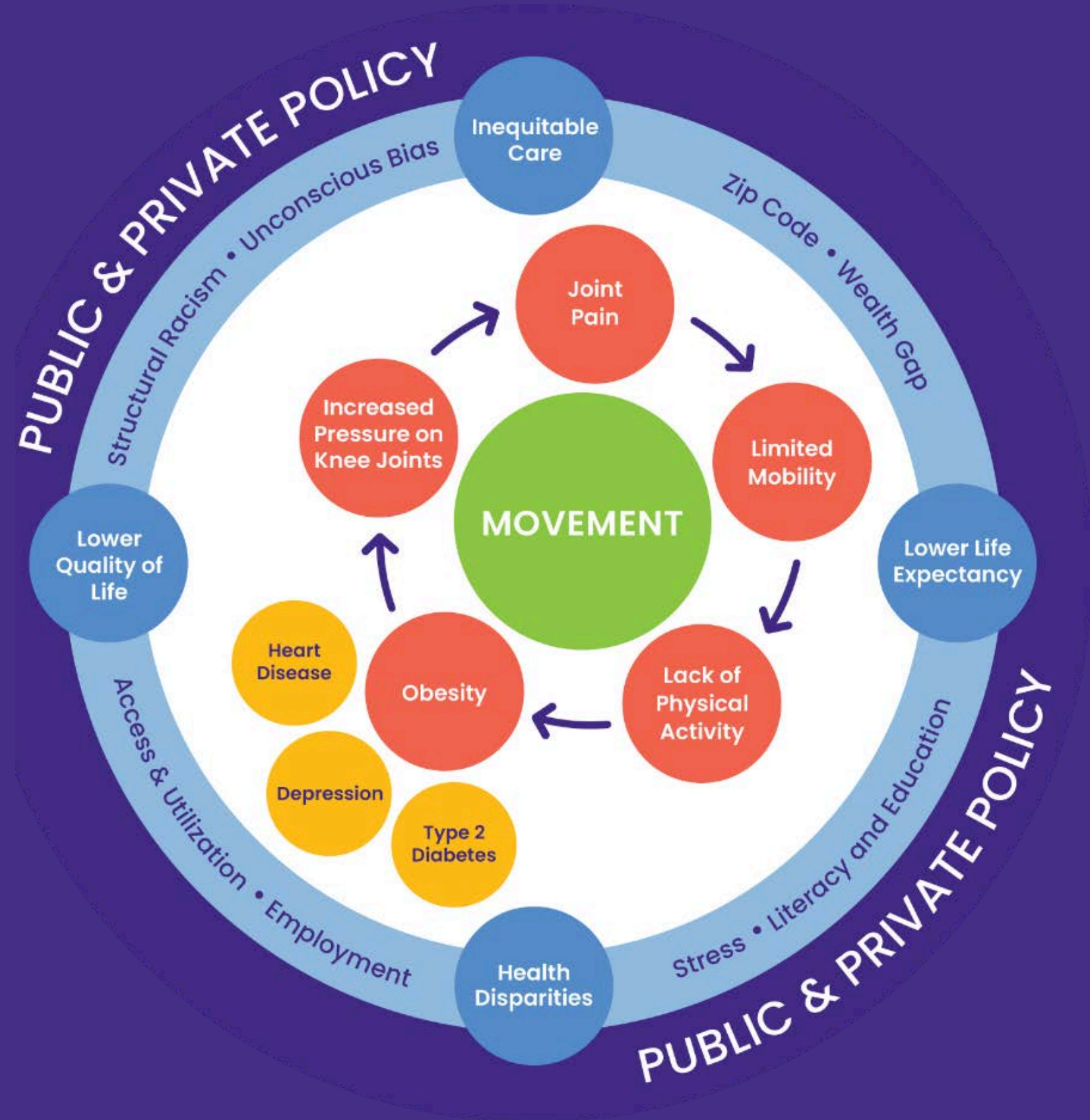
This special edition of the Summit will also feature:

- The PowHer Pitch Competition, spotlighting women-led health and wellness innovation
- National Poster Presentations, amplifying both academic research and community-based initiatives

Whether you are returning to the Movement is Life community or engaging with us for the first time, we invite you to join us in setting systems in motion and shaping what comes next.



Our Why



Movement Is Life improves health outcomes by addressing mobility across the lifespan. We focus on supporting mobility and quality of life for women aged 45 and older - a group that often lacks accessible, coordinated resources as they navigate midlife, aging, and related health challenges. We believe mobility extends beyond physical movement to include access, connection, and agency.

Too often, women in this stage of life face limited resources to help them manage challenges such as perimenopause and menopause, chronic pain, joint deterioration, social isolation, and declining physical function. These challenges are compounded for women who lack consistent access to care, culturally responsive information, or supportive community networks. Movement Is Life exists to meet women where they are, bridging gaps between health systems and lived experience. Through our signature initiatives - Operation Change, and the Health Disparities Podcast - we provide accessible, community-centered programs that help women build strength, confidence, and agency in their health. Our approach does more than educate; it creates connection, restores trust, and equips women with practical tools to stay active, informed, and engaged as they age.

**At the heart of our work is a simple but powerful belief:
Every woman deserves the opportunity to move well, live fully, and feel supported—at every stage of life.**

This belief is reflected in how Movement Is Life approaches impact. By centering mobility as a foundation for health, we focus on practical, evidence-based strategies that strengthen function, build confidence, and support women in making sustainable changes over time. Our work is designed to empower women as active participants in their health, supported by community, informed by evidence, and connected to systems that influence care and policy.

That is why we MOVE and why partnership matters. Through collaborative relationships, shared learning, and informed advocacy, Movement Is Life works to create environments where women can age with strength and dignity. **We invite our partners and sponsors to join us in advancing solutions that move beyond awareness and toward lasting change.**

OperationCHANGE

 movement is life™

“Operation Change has changed my life.”

Origins & Community Roots

Established in **2009** by Zimmer Biomet in response to persistent musculoskeletal disparities, Operation Change was created not just through education—but by truly grounding interventions in the lived experiences of women in underserved communities.

In 2012, MIL launched and informed through an IRB-approved pilot in Chicago, the 18-week program engaged 72 women (42 African American; 30 Hispanic/Latina), guided by community input to design culturally relevant content and materials.

Measurable Impact & significant health improvements:

- **94% decrease in knee pain**
- **56% reduction in depression**
- **37% decrease in knee stiffness**
- **67% improvement in quality of life**
- **18% increased social support**
- **22% drop in blood pressure**
- **18% increase in walking distance over 50 feet**

Three-Pronged Approach

- Educational sessions tailored to community needs
- Culturally relevant activities to enhance mobility
- Motivational interviewing to support sustained behavior change



“My family thought I had a personality transplant.”



“When you kind of know people, but don’t really know them? This group are now my sisters.”

OperationCHANGE



Why It Works

Operation Change succeeds because it's led by and for the community, integrating not just physical interventions but a direct acknowledgment and exploration of social determinants of health. It acts on the understanding that awareness alone isn't enough—meaningful, culturally competent action is required.

Operation Change Program Locations



Why This Matters

Operation Change is a highly successful, evidence-based model that transforms lives through culturally tailored, community-rooted interventions. Its impressive outcomes and uplifting testimonials show sponsors that their support drives real health improvements, fosters community leadership, and strengthens trust between the healthcare ecosystem and the women it serves.

SPONSOR LEVEL DETAILS



Precision Health Partner – \$50,000 -1 available

- Premier recognition as the Precision Health Partner of the Summit
- Title sponsor of The Health Disparities Podcast episode with a featured guest spot
- On-stage opportunity to introduce a keynote or plenary alongside an MIL board member
- Recognition at opening and closing,
- 8 Complimentary Summit Tickets & Invitation to the VIP Reception Thursday Evening
- Opportunity to provide approved branded item for attendees
- Post-event impact report

Mobility & Movement Ally – \$5,000

- Recognition as a Mobility & Movement Ally sponsor
- Opportunity to provide approved branded item for attendees
- Acknowledgment during opening and closing
- 4 Complimentary Summit Tickets & Invitation to the VIP Reception Thursday Evening
- Post-event impact report

Equity in Action Champion – \$15,000

- Recognition as the Equity in Action Champion
- Featured guest spot on The Health Disparities Podcast
- Opportunity to introduce a panel or speaker
- Opportunity to provide approved branded item for attendees
- Title Sponsor of an Episode of The Health Disparities Podcast
- 6 complimentary Summit Tickets & Invitation to the VIP Reception Thursday Evening
- Post-event impact report

Community Care Catalyst – \$2,500

- Recognition as a Community Care Catalyst sponsor
- Opportunity to provide approved branded item for attendees
- Acknowledgment during Opening and Closing
- 2 Complimentary Summit Tickets & Invitation to the VIP Reception Thursday Evening
- Post-event impact report

Whole Health Advocate – \$10,000

- Recognition as a Whole Health Advocate sponsor
- Featured Guest Spot on The Health Disparities Podcast
- Opportunity to provide approved branded item for attendees
- 5 Complimentary Summit Tickets & Invitation to the VIP Reception Thursday Evening
- Onstage opportunity to introduce a panel or speaker
- Post-event impact report

Prevention Partner – \$1,000

- Recognition as a Prevention Partner sponsor
- Opportunity to provide approved branded item for attendees
- 1 Complimentary Summit Ticket & Invitation to the VIP Reception Thursday Evening
- Post-event impact report

SPONSORSHIP OPPORTUNITIES

SPONSORSHIPS	Prevention Partner	Community Care Catalyst	Mobility & Movement Ally	Whole Health Advocate	Equity in Action Champion	Precision Health Partner
Investment	\$1,000	\$2,500	\$5,000	\$10,000	\$15,000	\$50,000
Total Registrations	1	2	4	5	6	8
Opportunity to provide approved branded item for attendees	✓	✓	✓	✓	✓	✓
Post-event impact report	✓	✓	✓	✓	✓	✓
Featured Guest Spot on The Health Disparities Podcast	-	-	-	✓	✓	✓
Onstage opportunity to introduce a panel or speaker	-	-	-	✓	✓	-
Title Sponsor of an Episode of The Health Disparities Podcast	-	-	-	-	✓	✓
Onstage opportunity to introduce a Summit session alongside an MIL Board Member	-	-	-	-	-	✓
Total Attendees at Pre-Summit VIP Reception	1	2	4	5	6	8



movement is life

Payment Procedures

Becoming a sponsor is easy!

Sponsor Payments at:

<https://givebutter.com/2026MILSummit>

We can accept other forms of payments such as Checks and Zelle. Just Ask!

More Questions?

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Movement Is Life, Inc. is a 501(c)(3) non-profit organization.

Donations are tax-deductible as allowed by law. Tax ID: 87-4744442

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[Visit the 2026 Summit Page HERE!](#)

Thank You 2025 Sponsors!



Pictured: 2025 Board and Steering Committee Members

