

# RAISE FUNDS AND HOPE. Earn your 2024 T-shirt.

Want to wear your T-shirt at the Walk?



Raise \$100 by Sept. 15

## Participants who raise \$100 will earn the official 2024 Walk to End Alzheimer's® T-shirt.

### Quick ways to raise your first \$100:



Email five friends and ask each for a \$20 donation.



Cook meals at home for a couple of weeks instead of going out or getting takeout — and put the money you would have spent aside for a self-donation.



Hold a garage sale to sell clothes and other household items you no longer use. Put your earnings toward your fundraising efforts.



Invite people at your office, gym or place of worship to “Wear It for ALZ” and have fun with their wardrobe while supporting the cause with a donation.



Host a Facebook Fundraiser or send messages on your favorite social networks. Share your story and your fundraising goal, and ask others to support your efforts by making a donation.



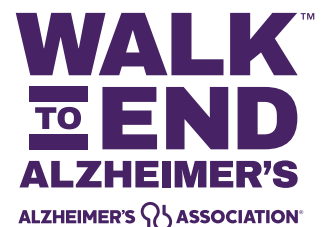
Visit [alz.org/walkmatch](http://alz.org/walkmatch) to find out if your workplace matches charitable gifts.



Complete the fundraising square game on the reverse side of this flyer.

T-shirts can be earned through Dec. 31, 2024

*\*To receive your T-shirt to wear at the Walk to End Alzheimer's, be sure to register as a participant and have at least \$100 on your individual fundraising account at least 30 days prior. All T-shirts are mailed - none will be available at the Walk.*



# Every dollar counts in the fight against Alzheimer's.

Please support my Walk to End Alzheimer's fundraising efforts. Every dollar helps to advance the care, support and research efforts of the Alzheimer's Association®.



My fundraising goal: \_\_\_\_\_

**\$5**

to help end Alzheimer's.

Thanks to: \_\_\_\_\_

**\$11**

in honor of the more than 11 million caregivers across the country.

Thanks to: \_\_\_\_\_

**\$5**

because Alzheimer's isn't stopping and neither are we.

Thanks to: \_\_\_\_\_

**\$10**

to join the fight.

Thanks to: \_\_\_\_\_

**\$10**

because 1 in 10 people age 65 and older has Alzheimer's.

Thanks to: \_\_\_\_\_

**\$3**

to help advance Alzheimer's care, support and research.

Thanks to: \_\_\_\_\_

**\$3**

because 1 in 3 seniors dies with Alzheimer's or another dementia.

Thanks to: \_\_\_\_\_

**\$20**

as a self-donation to kick off my fundraising.

**\$3**

because Alzheimer's is affecting our families, our finances and our future.

Thanks to: \_\_\_\_\_

**\$1**

because every dollar makes a difference.

Thanks to: \_\_\_\_\_

**\$10**

to help fight one of the most costly conditions to society.

Thanks to: \_\_\_\_\_

**\$5**

to support the Alzheimer's cause.

Thanks to: \_\_\_\_\_

**\$5**

because, together, we can end Alzheimer's.

Thanks to: \_\_\_\_\_

**\$3**

because the brain weighs only three pounds, but is our most powerful organ.

Thanks to: \_\_\_\_\_

**\$6**

in honor of the more than 6 million Americans living with Alzheimer's.

Thanks to: \_\_\_\_\_