

OUR TIME IS NOW.

Raise funds and earn your 2025 T-shirt.



Participants who raise \$100* will earn the official 2025 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 to find out if your workplace matches charitable gifts.



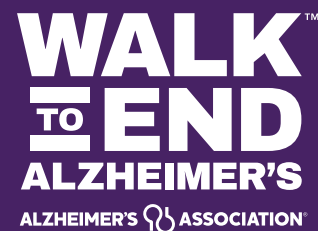
Complete the fundraising square game on the reverse side of this flyer.

*Every registered participant will receive a T-shirt after achieving the fundraising minimum established for their Walk. In most instances, this is \$100.

**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

Every dollar moves us closer to the end of 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

because it will take a community to 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 support treatment advances that offer people hope.

Thanks to: _____

\$100

because we are 100% committed to the cause.

Thanks to: _____

\$20

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: _____

\$25

as a self-donation to kick off my fundraising.

\$10

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

Thanks to: _____

\$1

because now is the time for action and every dollar makes a difference.

Thanks to: _____

\$15

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

Thanks to: _____

\$50

for the nearly 50% of nursing home residents living with dementia.

Thanks to: _____

\$9

because 1 in 9 people age 65 and older has Alzheimer's.

Thanks to: _____

\$3

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

Thanks to: _____

\$7

in honor of the nearly 7 million Americans living with Alzheimer's.

Thanks to: _____