



**Make it a Year  
to Remember**



# Make it a Year to Remember

Would you like to make a difference to people affected by dementia this year?

Someone develops dementia every 3 minutes. Join Alzheimer's Society in the fight against the biggest healthcare challenge of our time. From fundraising to raising awareness, for twelve months you choose your challenges!

## Ideas for your year:

- Organise a run, swim, cycle or walk
- Do a sky dive or bungee
- Quit something
- Volunteer
- Bake or make crafts to sell
- Become a dementia friend



**Sign up to Year to Remember at**  
[alzheimers.org.uk/yeartoremember](https://alzheimers.org.uk/yeartoremember)

[yeartoremember@alzheimers.org.uk](mailto:yeartoremember@alzheimers.org.uk)

**0330 333 0804**



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