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# Alzheimer Society

WATERLOO WELLINGTON

E-newsletter - October, 2017



## Big Changes to the 2018 Walk For Alzheimer's!

We're happy to announce that we are joining Alzheimer Societies across Canada in unity and will be holding our 2018 **Walk For Alzheimer's on May 28, 2018** instead of in January as we have done traditionally.

The Walk for Alzheimer's is the Alzheimer Society's largest national fundraiser for Alzheimer's disease and other dementias. Walks take place in over 150 communities across all of Canada. All money raised supports the programs and services offered in your community that improve the quality of life for people living with dementia and their families.

When you walk, you make memories matter. You send a message of hope to Canadians living with dementia, and hundreds of thousands more who care for them. When you fundraise, you promise them that help will always be available. You show them that they are not alone.

Join us on May 28, 2018 in two key destinations: Waterloo Region and Guelph Wellington. **Stay tuned for more information, and for an opportunity to share your feedback with us so that we can make the 2018 Walk For Alzheimer's the biggest and best Walk ever!**

## Coffee Break - it's not

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It's not too late to **host your own Coffee Break FUNdraiser** and give back to your community! All funds raised will remain in our community and provide support and education for people living with Alzheimer's and dementia, and their families.

It can be as simple as brewing a pot of coffee, and inviting a group of friends to donate for their morning mug!

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## Fall and Winter programs

Our latest program guide is out and packed with fun and educational programs for you and your family. Join us throughout the seasons for an Overview of Dementia, Minds in Motion, peer connection groups, and more.

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## Crossword puzzle lovers have brains 10 years younger than their age

Exercise and a healthy diet are essential to keeping your mind and body healthy. But according to a new University of Exeter study, crossword puzzles can help keep your brain young too.

*Global News reports*

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