

## Walk Together!

Let's walk together and help Alzheimer Societies across Ontario.

Sign up for the **2009 Manulife Walk For Memories today.** Make a difference in the lives of people living with Alzheimer's disease in your community by raising funds for vital local programs and services.

## WIN FANTASTIC PRIZES!

**Grand Prize:** The TOP fundraiser from each Walk is entered into a draw for a chance to win 1 of 2 prizes!:

An all-inclusive 7-day vacation for 2 in the Dominican Republic

OR

A 4 night stay in a luxurious two-bedroom vacation home at Club Intrawest in Blue Mountain, Ontario

**Top ONLINE Fundraiser:** Be the TOP online fundraiser in Ontario and win a 19" LCD TV

**Youth Prize:** If you're 18 years or younger and raise over \$200, you'll be entered in our draw for a portable DVD player

**Participant Spirit Prize:** Raise \$100 or more and you could win a \$250 gas gift certificate from Petro-Canada

For contest details, visit  
[www.walkformemories.ca](http://www.walkformemories.ca)

R	\$ 100	T-Shirt *
A	\$ 250	T-Shirt + \$ 20 gift certificate *
I	\$ 500	T-Shirt + \$ 40 gift certificate *
S	\$ 1000	T-Shirt + \$ 80 gift certificate *
E	\$ 2500	T-Shirt + \$200 gift certificate *

\* For every \$100 raised participants receive one draw ballot for a super surprise prize!

**GREAT PRIZES for:**

- Top Individual & Team Fundraisers
- Fittest Team
- Walkers for 'Going the Distance'

[www.alzheimer-ottawa-rc.org](http://www.alzheimer-ottawa-rc.org)  
613-523-4004

Thank you to our sponsors



### Local Sponsors



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Alzheimer Society

2009  
**Manulife**  
**Walk for**  
**Memories**

Sunday, January 25, 2009

Carlingwood Shopping Centre



10:45 a.m. to 1 p.m.  
(Registration from 10 a.m.)

[www.alzheimer-ottawa-rc.org](http://www.alzheimer-ottawa-rc.org)



Alzheimer Society

## 2009 Manulife Walk for Memories

2009 MANULIFE WALK FOR MEMORIES

### Step 1: Join Today

Register online now at [www.walkformemories.ca](http://www.walkformemories.ca), or simply complete the registration form and bring it to the event.



### Step 2: Recruit Friends & Family

Share the memories and the fun by recruiting friends and family. Register as a team at [www.walkformemories.ca](http://www.walkformemories.ca) or on the registration form (see reverse).

#### 'Go the Distance' with us!

**Show your spirit ~ Wear a fun hat!**  
Our chapter's Founding President Madeleine 'Hat Mad' Honeyman has been 'going the distance' with us for 28 years! Join us in a special tribute to celebrate her 97<sup>th</sup> birthday.

#### Highlights:

- *Go the distance and earn your rewards* –
  - 1 km Jim Watson Walk
  - 3 km Shabinsky Family Stroll
  - 5 km Giant Tiger Trail
  - 8 km CTV MaxPath
- *Bytown Walkers* – 9:30 a.m. workshop with tips for speed walking. Great for everyone; ideal for those going the full 8km CTV MaxPath!
- *Meet CTV's Max Keeping & Ken "The General" Grant*, our hosts
- *Memory Wall*: Bring pictures and stories to post to honour who you are walking for
- *'Fittest Team' Challenge*: Team with the most laps wins the prize (based on top five team members)
- *Live entertainment* for all ages

~Keep your eye on our website for updates~

Register on-line & begin fundraising today. It's easy!

[www.alzheimer-ottawa-rc.org](http://www.alzheimer-ottawa-rc.org)

Société Alzheimer Society  
OTTAWA AND RENFREW COUNTY

### Step 3: Fundraise for Memories

Collect pledges online at:

- [www.walkformemories.ca](http://www.walkformemories.ca),
- in person (with the attached pledge form), or
- try both to increase your chances of winning prizes!

38,000 Ontarians are diagnosed with Alzheimer's disease each year. Now more than ever, support services provided by the Alzheimer Society are critical to helping those affected by the disease.

Last year, we raised more than \$1.4 million across Ontario thanks to walkers like you. With your participation, we can reach this year's goal of **\$1.6 million** - so start fundraising today!

#### Let's 'Go the Distance' & top the \$120,000 raised in 2008!

MPP Jim Watson, Joan Costello (ASORC past president), Councillor Peggy Feltmate, Tracey Pagé (Principal - Collins Barrow) and Max Keeping (CTV) at the 2008 Walk for Memories.



#### Build a Team:

- Pick a team captain and a name
- Register your team on-line. Invite others to join & raise funds using on-line tools
- Minimum of 5 participants
- Members must be registered individually, with a minimum pledge of \$25 each

#### Then prepare to 'go the distance'!

- Pick a theme & go 'hat mad'
- Challenge each other to get fit & raise funds.
- Issue a fitness and fundraising challenge to another team. Which team will win?