

May Challenge

Join the challenge together with Canadians from coast-to-coast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Follow your local Alzheimer Society social media page!	2  Create a walk team at walkforalzheimers.ca	3 Ask a friend or family member to join you in the Walk for Alzheimer's	4 If you haven't already, make a self-donation on your Walk page	5 Attend the Finances and Dementia seminar hosted by Alzheimer Society and IG 	6 Ask those following you on social media to join you in the walk — remember to add your team link	7  Get one donation today!
8  Engage your brain and do your favourite kind of puzzle	9 Share a photo/video of who you are walking for on social using #IGWalkforAlz	10  Ask 3 people to join your walk team	11 Share the story of a special moment you had with the person you are walking for #IGWalkforAlz	12 Ask your family, friends and colleagues to join your walk team	13 Share your family's dementia diagnosis story #IGWalkforAlz	14  Challenge your brain by playing a board game with someone
15 Can you get a \$20 donation today? Why not send an email to your friends and family and find out!	16 Head to social and share why you're participating in this year's walk! #IGWalkforAlz	17  Share your fundraising progress on social media using our hashtag #IGWalkforAlz	18 Share your experience with Alzheimer's and other forms of dementia #IGWalkforAlz	19  Ask 3 people to make a \$10 donation!	20 Share the Alzheimer Society resource/program that is a favourite and why #IGWalkforAlz	21  Share something Canadians might not know about dementia #IGWalkforAlz
22  Call someone about the walk and make plans to talk again	23 Check in with your local Society for your Walk event's start time and location	24  Make a plan for walk day and how you will participate	25 Share your advice for living with or caring for someone living with dementia #IGWalkforAlz	26  Follow-up on donations...every bit counts!	27 Share why raising funds for your local Alzheimer Society is important to you #IGWalkforAlz	28  Walk Day Show us your walk using #IGWalkforAlz
29  Walk Day Show us your walk using #IGWalkforAlz	30	31	<p>Who are you walking for?</p> <p>walkforalzheimers.ca</p>			