

May Challenge

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

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