

FOR ANYONE:

1

THROW OUT A CHALLENGE

For every \$5 raised, I'll walk an additional 1,000 steps for people living with dementia! Share screen shots on your social to show your progress.

2

DO A FUN, VIRAL DANCE CHALLENGE

Share it as a video on social media and ask your network to donate.

3

FOR THE TRENDSETTERS

How about turning your hair blue for Alzheimer's awareness? It's a fun and bold way to show support, spark conversations, and make a memorable impact. If dying your hair is too much commitment, how about a blue wig?

4

ARTISTIC EXPRESSION DAY

Encourage your friends and family to express themselves through art - whether it's painting, drawing, or crafting - and auction off the creations to raise funds.

5

HOST AN EVENT

Organizing a game night, wine tasting, or scavenger hunt is an excellent way to bring together people and have fun while raising funds for your fundraiser.

FOR WORKPLACES AND SCHOOLS:

1

MEMORY LANE MONDAY

Encourage employees or classmates to share nostalgic items or stories related to their past on Mondays to spark conversations and fundraise.

2

BRAIN-TEASER TUESDAYS

Incorporate fun and challenging brain teasers into your workplace, and in class, to stimulate cognitive engagement and raise awareness about Alzheimer's and dementia.

3

DRESS DOWN FRIDAY'S

Ask your employer or school if they can dedicate a few Fridays to dress down, and even encourage people to wear blue for the Walk for Alzheimer's.

4

TECH-FREE TIME

Promote a day where employees voluntarily disconnect from technology, fostering face-to-face interactions and emphasizing the importance of human connection.

5

CORPORATE MATCHING GIFT PROGRAM

Matching gifts are a type of giving program that is set up by companies as an employee benefit. Check with your company if they offer this.