



**WALK FOR  
ALZHEIMER'S**  
MAKE MEMORIES  
MATTER™

[www.walkforalzheimers.ca](http://www.walkforalzheimers.ca)

## How to raise \$250 in 7 days!

Day 1

Sponsor yourself

\$20

Day 2

Ask 3 relatives for \$25 each

\$75

Day 3

Ask 3 friends for \$10 each

\$30

Day 4

Ask 5 co-workers for \$10 each

\$50

Day 5

Ask 5 neighbours for \$10 each

\$50

Day 6

Ask your local convenience store for \$25

\$25

Day 7

Relax you did it!

\$250