



Taking Steps – Good for You, Good for Others
Join Memory Walk this September

Alzheimer's affects whole families, not just the person with the disease, according to the Alzheimer's Association. Some 120,000 people in Massachusetts have Alzheimer's, but the total number of people affected is closer to half a million.

Each year, thousands of people find that doing something positive about Alzheimer's helps fight back against the disease by raising money for programs and research and empowers them to face their own challenges.

"We see what a difference Memory Walk makes for the families themselves," said Betsy Fitzgerald-Campbell, vice president of communications for the Alzheimer's Association, MA/NH Chapter. "They come together, they form teams, they bond, they step and fight back. At the end of the Memory Walk, we all feel stronger and in better shape to face what lies ahead."

Fitzgerald-Campbell's own father died with Alzheimer's disease two years ago.

"Memory Walk is one of the simplest, but most gratifying things that family members can do."

To learn more about **Memory Walk**, visit www.memorywalkMANH.org or call **617-393-2050**. There are 13 Memory Walk locations in Mass and New Hampshire.