

**DO WHAT YOU
LOVE TO END ALZ**
ALZHEIMER'S ASSOCIATION®

Do What You Love to End ALZ™ makes it easy to make a difference. It's simple, flexible and starts with you — doing something you love and turning it into a fundraiser to end Alzheimer's and all other dementia. Donate today!

\$10

to help end Alzheimer's.

Thanks to: _____

\$15

in honor of the nearly 12 million caregivers across the United States.

Thanks to: _____

\$20

to help advance Alzheimer's care, support and research.

Thanks to: _____

\$10

because the lifetime risk for Alzheimer's at age 45 is 1 in 10 for men.

Thanks to: _____

\$25

to move us closer to our vision of a world without Alzheimer's and all other dementia®.

Thanks to: _____

\$10

because 1 in 3 older adults dies with Alzheimer's or another dementia.

Thanks to: _____

\$15

to advance critically-needed research.

Thanks to: _____

\$40

as a self-donation to kickoff my fundraising.

\$10

to help defeat a disease that kills more people than breast cancer and prostate cancer combined.

Thanks to: _____

\$20

because every dollar makes a difference.

Thanks to: _____

\$10

because about 1 in 9 people age 65 and older has Alzheimer's.

Thanks to: _____

\$15

because the lifetime risk for Alzheimer's at age 45 is 1 in 5 for women.

Thanks to: _____

\$25

in honor of the over 7 million Americans living with Alzheimer's.

Thanks to: _____

\$15

because together, we can end Alzheimer's.

Thanks to: _____

\$10

since Alzheimer's disease was the sixth-leading cause of death among people age 65 and older in 2022.

Thanks to: _____

You've taken the first step by registering for Do What You Love to End ALZ. Now it's time to start fundraising. Use this interactive tool to help you reach your goal.

How it works:

1.

Hang this sheet up at work or take it with you to community functions, such as book club, bridge night or your favorite class at the gym.

2.

Ask others to select a square, make the suggested donation and sign their name on the line. Cross off their donation square to indicate it's completed.

3.

Fill in the entire board, and you've raised \$250 toward the Do What You Love to End ALZ incentive gift program. You will be notified of the levels and prizes of the fundraising program via email. Information will also be available through your online Dashboard.

Visit alz.org/dowhatyoulove and log in to your **Dashboard** for more fundraising tips and tools.