



11 January 2019

Media Release

Memory Walk & Jog returning to Illawarra in 2019

Dementia Australia's popular Memory Walk & Jog event is returning to Illawarra on Sunday 3 March 2019, with a starting line by the seaside at Stuart Park, George Hanley Drive, North Wollongong.

Memory Walk & Jog raises much-needed funds to support the work of Dementia Australia, which provides invaluable support, education and resources for people living with dementia in Australia, their carers, families and friends.

Last year almost 900 people took part from across Illawarra. This year, participants can choose to take part in a 2km, 6.5km or 7.5km walk, jog or run and are invited to help us reach the \$80,000 fundraising target. All funds raised will benefit Dementia Australia services in the Illawarra region.

Dementia Australia CEO Maree McCabe said the course is family-friendly, and suitable for all ages and fitness levels.

"We're excited to be returning to Illawarra in 2019 and to be working with Australians to get active and beat dementia, whilst raising much-needed funds and awareness," Ms McCabe said.

"We look forward to seeing you and your friends and family at our Illawarra Memory Walk & Jog event."

There will be prizes for the top fundraisers, as well as raffles, plenty of entertainment for the whole family, food stalls, and a special guest appearance from Memory Walk & Jog mascot, Al the Elephant.

Registrations are now open for all Memory Walk & Jog events across Australia. Register today for Dementia Australia's biggest fundraiser of the year at www.memorywalk.com.au. The first 500 people to register for the Illawarra event will receive a free t-shirt, and the first 1,000 people to register across all events will get a free pedometer.

***Dementia Australia** is the national peak body and charity for people, of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information. An estimated 436,000 people have dementia in Australia. This number is projected to reach almost 1.1 million by 2058. Dementia Australia is the new voice of Alzheimer's Australia. Dementia Australia's services are supported by the Australian Government.*

National Dementia Helpline: 1800 100 500

An interpreter service is available

(The National Dementia Helpline is an Australian Government Initiative)

Dementia is a National Health Priority Area



@DementiaAus

www.dementia.org.au

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