



14 February 2020

Media Release

Queanbeyan resident urges local community to support Canberra Memory Walk & Jog in 2020

Queanbeyan local Karen Abbott has called on the community to sign-up and get training to support the 2020 Memory Walk & Jog season, as the event comes to the area after a successful outing last year.

Karen is making the call because of her dear friend Sue who was diagnosed with younger onset dementia eight years ago.

"I was inspired by the bravery and resilience of Sue's family, and other families who have been touched by dementia," Karen said.

"This is why when I saw Memory Walk & Jog, I knew I had to register.

"I would encourage others to get on board, it's a great way to get active, have a fun morning and share the morning's walk or jog with lots of other people for a common cause.

"Memory Walk & Jog is a great way to raise awareness, raise funds and hopefully one day find a cure."

Memory Walk & Jog is Dementia Australia's largest fundraising initiative, and raises much-needed funds to help provide invaluable support, education and resources for people impacted by dementia in Canberra and across Australia.

The 2020 Canberra Memory Walk & Jog will take place on Sunday 23 February at Barrine Drive, Lake Burley Griffin.

Dementia Australia CEO Maree McCabe said the course is family-friendly, and no matter your age or level of fitness, everyone is encouraged to participate and join in the fun.

"We are delighted to be returning to Canberra and look forward to seeing as many locals as possible turn out for a day that's fun for all the family," Ms McCabe said.

"They're fabulous gatherings of people impacted by dementia who get together, walk or run to raise money, share stories and everyone comes away from the day knowing they are not alone."

Currently there is an estimated 3,360 people living with dementia in the federal electorate of Canberra. With that figure projected to increase to about 9,600 by 2058, events like Memory Walk & Jog play an important role not only in funding support, but also in raising awareness of dementia.

You can participate either as an individual or as a group of any size. This year, participants at Canberra can choose to take part in a 2km, 5km or 10km walk, jog or run and are invited to help us reach the \$95,000 fundraising target.



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

Registrations are now open for all Memory Walk & Jog events across Australia. For more information or to register, visit www.memorywalk.com.au.

***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 447,000 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



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Media enquiries: Sam Watson - 0412 099 134 - sam.watson@dementia.org.au / Leisa Hurst - 07 3014 6683 - leisa.hurst@dementia.org.au / Stephanie Watkins - 0423 936 371 - stephanie.watkins@dementia.org.au