Day Wednesday 3 March 2021

**Memory Walk and Jog is returning to Adelaide!**

Locals are getting ready for the Adelaide Memory Walk & Jog 2021, which will be held on Sunday 28 March at Colley Reserve, Glenelg.

Currently there are an estimated 39,200 people living with dementia in South Australia. With that figure projected to increase to about 73,000 by 2058, events like Memory Walk & Jog play an important role not only in funding support, but also in raising awareness of dementia.

Funds raised through the Memory Walk & Jog series help provide invaluable support, education and resources for people living with dementia in Australia, their carers, families and friends.

There are 17 Memory Walk & Jog events planned across Australia in 2021, with each event offering fun for people of all ages and abilities.

The course is family-friendly, suitable for all levels of fitness. You can choose to take part as an individual or get a team together, as well as selecting whether you take part in walk, jog or run of 3km, 6km or 10km.

The safety and wellbeing of Memory Walk & Jog participants, volunteers and staff is Dementia Australia’s top priority at these events. The team is constantly monitoring the evolving situation with COVID-19, and remains in communication with the relevant federal, state and local authorities.

A robust COVID-safe plan has been tailored for each individual event and will be adapted as needed closer to the date of the event.

Register for the Adelaide Memory Walk & Jog event now, or find out about the other events planned across Australia at www.memorywalk.com.au

Dementia Australia is the source of trusted information, education and services for the estimated half a million Australians living with dementia, and the almost 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible. No matter how you are impacted by dementia or who you are, we are here for you.

For support, please contact the **National Dementia Helpline on 1800 100 500**. An interpreter service is available and the Helpline is open 8am to 8pm Monday to Friday excluding public holidays. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit **dementia.org.au**

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**Media contacts:** -Ends-

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When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines.](https://www.dementia.org.au/files/resources/dementia-language-guidelines.pdf)