March 2012

Media Release

Register now for Memory Walk & Jog

Entries are now open for the 2012 Memory Walk & Jog, to be held on Sunday 6 May at the Bay Run in Lilyfield.

Alzheimer’s Australia NSW CEO The Hon. John Watkins has encouraged Sydneysiders to get involved and sign up for this fun event.

“This is a great way to do something good for your health, enjoy a great day out and help people in need across NSW,” Mr Watkins said.

“Funds raised through this year’s Memory Walk & Jog will go towards supporting Alzheimer’s Australia NSW’s Memory Vans.

“The Memory Vans are a mobile service that allows Alzheimer’s Australia NSW to reach out to the public and provide important information about brain health and how people might be able to reduce their risk of developing dementia, as well as information to help educate and assist people living with dementia, their carers and health professionals.

“This is an especially important resource in regions where services are scarce.”

This year’s Memory Walk & Jog is proudly supported by Bupa and Mr Watkins said he was delighted to welcome them on board.

“It is great to have Bupa’s support for this important event and we thank them for helping us help people with dementia, their carers and families across NSW,” Mr Watkins said.

Paul Gregersen, the Managing Director of Bupa Care Services, said Bupa is proud to support the Memory Walk & Jog with Alzheimer’s Australia NSW.

“Across our organisation, Bupa has a commitment to keeping people well and this is a great opportunity to participate in an event that promotes healthy living,” Mr Gregersen said.

“Bupa recognises the need to support the carers of people living with dementia and Alzheimer’s Australia NSW provides vital education and resources to carers through their Memory Vans.”
This year’s Memory Walk & Jog on Sunday 6 May will start at Leichhardt Oval #3, Leichhardt Park, Lilyfield and then follow the path of the well-known Bay Run.

Entrants can take part in a 2km Family Fun Walk, the 7.5km Memory Walk or the 7.5km Memory Jog.

Competitors can take part individually, organise a team of friends or family, or get their workplace involved to help raise money for Alzheimer’s Australia NSW. Those unable to take part can still support the event by sponsoring someone who can.

The Memory Walk & Jog is proudly supported by Bupa.

For more information, to register, or to sponsor a participant, go to www.memorywalk.com.au. For updates, you can also follow us on Twitter @alznsw or go to our Facebook page www.facebook.com/alznsw.

Alzheimer’s Australia NSW is the charity for people with dementia and their families and carers.

As the peak body, it provides advocacy, support services, education and information. Almost 280,000 people have dementia in Australia. This number is projected to double by 2030.

National Dementia Helpline: 1800 100 500
An interpreter service is available
(The National Dementia Helpline is an Australian Government Initiative) www.alzheimers.org.au

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