

## **Raise much needed funds for Dementia Australia and your Club**

As a way of introducing the 'Health and Wellness' program **Maccabi LIFE** to our whole community, we are excited to announce we have formed a partnership with Dementia Australia.

We are assisting them in raising much needed funds for dementia awareness and research by holding our own **DIY Memory Walk and Jog** on Sunday 28th April around Caulfield Park at 9am, registrations will commence from 8am. So, the time has come to Get ACTIVE, Promote Brain Health & Beat Dementia!

The morning will be officiated by our very own 2018 Commonwealth Games Gold medallist Jemima Montag, she too started her training with Maccabi.

This is sadly an illness that touches many people in our community as well as the community at large. Not only do we want to promote exercise as a way living a healthier life, we want to give back to the wider community as well as our own.

### **The process is simple, just follow these easy steps:**

1. Distribute attached flyer to your members
2. Start the conversation on Social media – suggested content ideas:
  - a. Have you or someone close to you been affected by Dementia?
  - b. Can you keep up with Jemima?
  - c. Walk, Jog or Run with Maccabi LIFE – Get Active & let's help beat Dementia as a team!
3. Encourage your members to put a team together on behalf of the club or join the Maccabi LIFE community team
4. [Click on the link](#) and register yourself and create a team, it's very simple.
5. Choose your distance, walk 2.2kms (one lap), walk 4.4kms (two laps) or jog 6.6kms (3 laps)
6. Encourage your family, friends and work colleagues to donate to your team
7. Inform them that the money raised not only goes to Dementia Aust but it also goes back into our clubs & community to keep them healthy and thriving
8. The cost per individual is \$20 and \$60 for a Family (2 adults & 2 concessions)

**Half of the funds raised on the day will be donated to Dementia Australia, 15% will go back to Maccabi LIFE and 35% will go to your club / school.**

Let's strive to make this a great morning of fun with some healthy competition between the different clubs thrown in for good measure. Let's see which club can raise the most money....

Strollers and dogs on leads are welcome

See you there....

**Jeff Sher,**

**Maccabi President**