

The Alzheimer's Association is inviting Humboldt County residents to join the fight to end Alzheimer's by participating in the 5th annual Alzheimer's Association **Walk to End Alzheimer's**® on October 10th

This year's Walk is Everywhere. Participants are encouraged to walk as individuals or in small groups on sidewalks, tracks and trails across Humboldt

There is no fee to register and no limit to the size of your team. Register at <<http://act.alz.org/humboldt2020>>

With the dollars raised, the Alzheimer's Association can continue to provide care and support to families during these difficult times while also advancing critical research toward methods of treatment and prevention.

Time-honored components of the Walk to End Alzheimer's are being replicated. On Walk day, an Opening Ceremony will feature local speakers and a presentation of Promise Flowers to honor the personal reasons participants join together to fight Alzheimer's and all other dementia, all delivered to participants' smartphones, tablets and computers. Mini **Promise Gardens** will be in "planted" in a "view only" format in Arcata, Blue Lake, Eureka, Ferndale, Fortuna, Hydesville, McKinleyville, Rio Dell, Scotia, and Trinidad to honor all those impacted by Alzheimer's. Participants can walk, run or drive by these gardens.

Alzheimer's disease is the third leading cause of death in California. Additionally, more than 16 million family members and friends provide care to people living with Alzheimer's and other dementias.

If you would like more information, contact the Alzheimer's Association Community Engagement Manager, **Kim Coelho** at (707)407-8826 or email: <kcoelho@alz.org>

Alzheimer's Association®

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Its mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Visit <<https://www.alz.org/>> or call 800.272.3900.