Enter month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Beating dementia. My way.

How will you beat dementia? Plan in your 12 hours of exercise.

Alzheimer's Society United Against Dementia

TAKE ON 12 Beat dementia your way

Registered with FUNDRAISING REGULATOR

Alzheimer's Society is a registered charity in England and Wales (296645); the Isle of Man (1128) and operates in Northern Ireland