

# Mass Exercise Workout and Memory Walk

Be physically active to help reduce the risk of developing dementia.

The cause of dementia is not well understood, but certain risk factors are known, especially cardiovascular risks, hypertension, diabetes and smoking. Research shows that some simple ways such as leading a healthy lifestyle by eating right, staying mentally and physically active can reduce the risks of developing dementia to either delay or prevent onset.

The mass exercise workout and walk event is to promote awareness in reducing the risks of dementia and is held as part of Dementia Awareness Week 2009.

Come join in the Mass Exercise Workout and Memory Walk on:

Date : Sunday, 22<sup>nd</sup> March 2009

Time : 8.00 am

Venue : Marina Floating Platform  
(next to Esplanade Theatre)

Programme : Mass Exercise Workout  
Walk route (2.8km)  
Fringe activities  
(Sports Try Out Stations, Carnival Games,  
Stage Performances, Lucky Draw)

Fees : FREE OF CHARGE

Free T-shirt, Exercise Band and goodie bag for participants.  
All are welcome.

To Register : Call 6353 8734  
(Mon to Fri 9am: 6pm)  
Email: [alzheimers.tp@pacific.net.sg](mailto:alzheimers.tp@pacific.net.sg)



  
ALZHEIMER'S  
DISEASE  
ASSOCIATION

