

LET'S START 2021 AS WE MEAN TO GO ON; LOOKING AFTER OURSELVES WHILE SUPPORTING THOSE AROUND US!

# CHALLENGE YOURSELF, CHANGE DEMENTIA

WHETHER YOU ARE TAKING UP A NEW HOBBY, GIVING SOMETHING UP OR STEPPING UP AND SETTING A NEW CHALLENGE, THIS IS THE YEAR TO DO IT. WE'RE ASKING YOU TO SET YOURSELF A PERSONAL CHALLENGE TO COMPLETE IN JANUARY OR FEBRUARY.

2020 HAS BEEN TOUGH ON EVERYONE, ESPECIALLY THOSE LIVING WITH DEMENTIA. 2021 IS TIME TO CHANGE THAT AND YOUR FUNDRAISING WILL ENSURE WE CAN CONTINUE TO BE THERE.

WHATEVER YOU DECIDE TO DO WE WILL BE HERE TO SUPPORT.

JOIN OUR FACEBOOK COMMUNITY

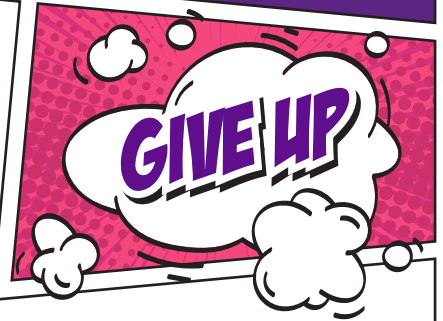
REGISTER WITH US

IF YOU'RE PLANNING TO FUNDRAISE  
SET UP YOUR JUSTGIVING PAGE

NOT SURE  
WHAT TO DO?  
BE INSPIRED BY  
OUR SUGGESTIONS  
OVERLEAF

LET YOUR IMAGINATION GO WILD  
- THERE ARE NO RULES

- YOU'RE SWEET ENOUGH - CUT OUT THE SUGAR
- DRY RUN - PLEDGE TO GO BOOZE FREE FOR JANUARY OR TRY TURBO MODE AND PLEDGE TO DRINK ONLY WATER
- QUIT THAT BAD HABIT - NAIL BITERS, NO LUNCH-TIME TAKERS WE'RE LOOKING AT YOU!



- HOBBY LOBBY DO YOU HAVE A HOBBY THAT HAS FALLEN BY THE WAYSIDE? START AGAIN TODAY!
- TAKE A BREATHER - DAILY MEDITATION OR YOGA. TAKING TIME OUT FOR YOURSELF IS IMPORTANT FOR YOUR HEART AND MIND
- LIVING ON THE VEG - GO VEGETARIAN (OR VEGAN!)

- COUCH TO 5K - GOT THE APP BUT NOT DONE ANYTHING WITH IT? NOW IS THE TIME!
- IT'S IN THE BAG - LACE UP YOUR BOOTS AND GO "MUNRO BAGGING"
- LITTLE ACTS OF KINDNESS - DO ONE SMALL THING EVERY DAY FOR SOMEONE ELSE.
- 21FOR21 - RUN, WALK, CYCLE OR SWIM 21KM



DON'T FORGET TO TAG US ON SOCIAL  
MEDIA AND USE THE HASHTAG

**#CHANGEDEMENTIA21**



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Making sure nobody faces dementia alone.