

Movin' for Memory

Saturday, November 2, 2019

At 9:00 AM

Rotary Park, Ramada C

Presented by

Dementia Connection of Havasu

When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working playing and even sleeping.

The good news is that emerging evidence suggests there are steps you can take to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other Dementias. Research shows that people who are regularly engaged in social interaction and consistent exercise maintain their brain vitality and have a higher level of cognitive function.

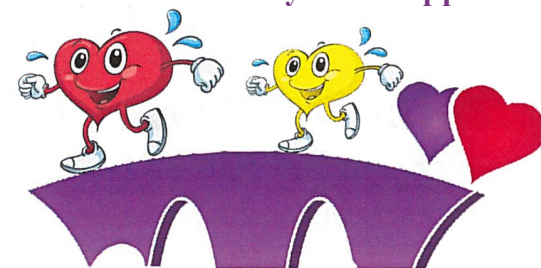
Join us as we bring attention and raise awareness to how important it is to not only exercise your brain, but your body as well and we'll have fun doing it!



Dementia Connection of Havasu is a partner under the umbrella of Havasu Community Health Foundation a 501(C)3 public charity. Tax ID-1839858.

5th Annual

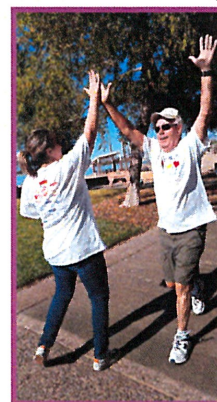
**The Dementia Connection of Havasu
volunteers invite you to support**



Movin' for Memory

NOVEMBER 2, 2019

AT Rotary Park, Ramada C



Come Move with Us

*Join us as we bring much needed attention
to the need for exercising ~ not only the
brain, but the body as well ~ striving
for overall health.*



Registration Deadline is October 16, 2019 to Receive a T-Shirt



Individuals, Teams and Families are encouraged to participate in this event.

Registration: **\$15**, includes T-shirt

Name _____

I am a member of (team name) _____

Captain Name: _____

Company Sponsor (if applicable) _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Email: _____

☐ Check here if under 18 years old

☐ **Individual Registration, \$15** \$ _____

☐ **I want to make a donation** \$ _____

Please check the size you want:

Unisex ___ Small ___ Medium ___ Large ___ XL ___ 2XL ___ 3XL

Youth ___ Small ___ Medium ___ Large

TOTAL (Checks should be payable to Havasu Community Health Foundation) \$ _____

Deliver to 94 Acoma Blvd. S. Suite 101, Lake Havasu City, AZ 86403

WAIVER AND INDEMNIFICATION I understand my consent to these provisions is given in consideration for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby release and hold harmless Havasu Community Health Foundation, the City of Lake Havasu, and any of their employees from any claims I may have arising out of my participation in this event. I give permission to Havasu Community Health Foundation and their sponsors to use any photographs, videotapes or other recordings of me that are made during the course of this event.

→ **Signature** (Parent or Guardian signature if under 18 years of age) _____

Date _____

Office Use Cash _____ Ck# _____ CC _____ Date _____ Initials _____ DS _____ EXL _____

November 2, 2019
Rotary Park, Ramada C
1568 Smoketree Ave S
Lake Havasu City

- Pre-registered walkers check-in & get t-shirts at 9:00 am, November 2 at Rotary Park - Ramada C
- Walk up registration available at 9:00 am, November 2 at Rotary Park - Ramada C (t-shirts NOT guaranteed)
- Start the walk at 10:00 am after everybody has had a chance to get their t-shirts, meet other teams and enter the 50/50 and the basket raffle drawings. Tickets for basket raffle & 50/50 will be sold at event - cash or checks only.

After you're finished we'll again gather at our starting place, Rotary Park - Ramada C for laughs, stories and inspiration as we enjoy hot dogs provided by the Elks Lodge. At this time we will pull our winning raffle tickets.

Received From: _____

Cash ☐ Ck# _____ CC _____ Date _____

Amount: _____ By: _____