

# motivate

## One-Day Fun-Raising Activities

Want an easy way to get involved with the Alzheimer's Association while building team spirit within your workplace? Here's how: Plan a one-day fun-raising activity designed to motivate coworkers to support the millions of Americans across the country affected by Alzheimer's disease. It's fun and simple!

These voluntary activities are easy to implement, and we can provide you with all the tools you'll need. For a small donation, individuals who participate can take part in the day's special activities and will receive an Alzheimer's Association symbol to wear that shows their support.

Employee engagement opportunities include:

### Get Grounded in the Fight Against Alzheimer's

Declare a morning to have the ultimate coffee break to show your support for the Alzheimer's Association. Ask your local coffee shop to donate some coffee and encourage your employees to "get grounded" in the facts about Alzheimer's. Offer a cup of coffee in exchange for a small donation. To bring this event to life, contact Corporate Initiatives to reserve a 6-foot, giant inflatable Alzheimer's Association coffee mug.

### Casual for a Cause

Employees choose a day to dress casually – and display their commitment to the Alzheimer's Association by wearing our symbol.

### Game Day

Rally around a sporting event and encourage employees to wear a favorite team's cap or jersey. Or, organize softball, volleyball or board game tournaments to help employees exercise their bodies and their brains!

### Win-a-Day

Employees donate to enter a contest to win valuable workplace-related prizes, like a prime parking spot, tickets to an event, team lunch or time off.

Designate a team captain to collect the funds you raise and pass them along to your local Alzheimer's Association chapter. Every dollar you and your colleagues raise will help us to provide education, support and training programs in communities nationwide, as well as funding for promising Alzheimer research that will bring us closer to a cure.

For more information, contact your local Alzheimer's Association or e-mail us at [corporateinitiatives@alz.org](mailto:corporateinitiatives@alz.org).

**[www.alz.org](http://www.alz.org)**  
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