



Thank you for registering for the Walk to End Alzheimer's

Here are some fundraising ideas to motivate your team and jump start your fundraising efforts.

“Flower” Your Neighbors’ Lawns

Be spontaneous and use our paper *“Forget Me Nots”* to “flower” your neighbors’ lawns. Leave a love note at their door step encouraging a donation towards your Walk goal in exchange for having the flowers removed.



Gather for a Garage Sale

One person's trash is always another's treasure. Take the opportunity to sell unwanted items. All proceeds can benefit your Walk fundraising.

Brown Bag It

Instead of eating out, why not create a “bag lunch” day with your co-workers and friends. Each person donates to your Walk goal what they would have spent on a restaurant lunch. Invite us to join you to present on a topic like *Brain Health* or the *10 Warning Signs of Alzheimer's*.



Throw a Dinner Party

Spaghetti is a low-cost meal that's easy to make and everyone loves. Other fun, inexpensive options are hamburgers or pizza. Add a twist - have a black-tie pancake supper! Or make it a breakfast, afternoon tea or brunch event. Each person can dine with you for a small donation towards the Walk.



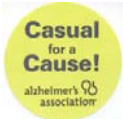
Have a Ball

Golf, tennis, basketball, softball, soccer, beach volleyball, bowling...everyone loves a little healthy competition! Have your family, co-workers or friends make a small donation to compete in the sports tournament of your choice.



Go Casual for the Cause

Let employees dress casual for a small donation (usually \$5 to \$10) and display their commitment to the Alzheimer's Association. We provide the Casual for a Cause stickers, you provide the employees. Do this fundraiser year-round!



A Loaf of Bread, a Jug of Wine and Thou

Host a wine tasting night at your home. How about \$5 to sample five wines? Spice up the event and provide cheese or chocolate for your guests – enticing folks with food always works, doesn't it?



Go Purple for the Day

Ask your coworkers to wear purple, change their email signature and font color to purple and sell purple frosted cookies or donuts for a small donation for your Walk Team. Going purple raises awareness for Alzheimer's. You can always combine “Go Casual” with a “Go Purple” day.



Host a Restaurant Night

Host a fundraiser at one of the restaurants listed below (or any participating restaurant). Create a Restaurant Night flyer to give to family, friends and co-workers. Participating restaurants will donate a percentage of purchased food and drinks to your Walk Team. (Send us a copy of your flyer so we can help you promote your event.)



Applebee's	Cold Stone Creamery	Jamba Juice	Pat & Oscar's
Avila's El Ranchito	Domino's Pizza	Johnny Rocket's	Red Robin
BJ's Restaurant Brewhouse	El Pollo Loco	Knowlwood	Round Table Pizza
Boston Market	El Torito	Krispy Kreme	Rubio's
Chick-fil-A	Golden Spoon	Marie Calendar's	Ruby's
Chili's	In-N-Out	Panera Bread	Souplantation
Chipotle	Islands	Papa John's Pizza	Wahoo's Fish Tacos

For additional information and fundraising tips, please contact:

Andrea McDonald at 949.757.3708, andrea.mcdonald@alz.org or visit www.alz.org/walk