**Do a Little Big Thing to end Alzheimer’s disease**

Everyone is at risk for Alzheimer's — even you. The good news is that everyone can do something about Alzheimer’s disease — especially you. In fact, every small action that you do today matters and together they add up to something big. “Do a Little Big Thing” this month to make a difference in the fight against Alzheimer’s disease and other dementias.

* Learn more about how doing something little can add up to something big by visiting [alz.org/endalz](file:///C%3A%5CUsers%5Cmrajski%5CDesktop%5CAEDA-August%5Calz.org%5Cendalz).
* Raise awareness by wearing the Alzheimer’s Association’s signature color purple to work and encouraging others to do the same.
* Find and contact your local chapter to find volunteer opportunities and ways that you can help your local community at alz.org.
* Join us for Walk to End Alzheimer’s. Learn more at [alz.org/walk](file:///C%3A%5CUsers%5Cmrajski%5CDesktop%5CAEDA-August%5Calz.org%5Cwalk).
* Join us on social media at [facebook.com/actionalz](https://www.facebook.com/actionalz) and [twitter.com/alzassociation](http://www.twitter.com/alzassociation)
* Read the Alzheimer's Association blog at [alz.org](http://alz.org/) and post a comment.
* Sign up to be an Alzheimer's advocate at [alz.org/advocacy](http://alz.org/advocacy).
* Take the Alzheimer's Association Caregiver Stress Check at [alz.org](http://alz.org/) or share it with a friend.
* Watch the Alzheimer's Association *Facts & Figures* video at [alz.org/facts](http://alz.org/facts) and tell a friend what you learned.
* Share the Alzheimer's Association Care Team Calendar, a free online tool to organize people who want to help with caregiving. Better yet, support a friend by starting a calendar at [alz.org/care](http://alz.org/care).