**FOR IMMEDIATE RELEASE:**

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**TURNING PAIN INTO PURPOSE: A WALK TO END ALZHEIMER’S TEAM CAPTAIN TALKS ABOUT WHY SHE WALKS**

***Austin-area residents are invited to walk on November 12 in Austin***

**AUSTIN, TX, 10/17/22**–The Alzheimer’s Association is invitingAustin arearesidents to join the fight to end Alzheimer’s by participating in the Alzheimer’s Association Walk to End Alzheimer’s**®**on November 12 at Circuit of the Americas in Austin, Texas.

Sabrina Bell has been participating in the Walk to End Alzheimer’s Austin for six years. Her mother passed away from Alzheimer’s in 2016, after seven years of living with the disease. Her team, Momma's Love, made up of family and friends, was formed to honor the memory of her mother and to let others know that they are not alone. She says that the Walk is “an amazing way to be able to honor the memory of those that we lost.”

She has found meaning in the painful experience of her mother living with Alzheimer’s and ultimately passing away from the disease.

“I think that God puts us on these journeys so that we can help other people, it’s not so we can just go through it and think, ‘Oh, poor me,’” she said. “But how do I turn this pain into purpose and help people to realize that there are resources and there are people who understand the journey that they are on.”

She said that everyone she meets who has been impacted by the disease, has experienced it differently, but there is some shared commonality.

“Alzheimer’s is different in that you lose your loved one over and over and over again in the process. It’s one of those diseases that you’re never ready to let them go, but at the same time, there is peace in the release of them. It’s like a loss every day. With every stage, there is a loss.”

She said she walks for three reasons. “To find a cure. First and foremost, finding a cure. Secondly, helping other families realize that they are not alone. And third, learning how to adjust to the journey. It is an adjustment, and it’s different for everybody.”

More than 6 million Americans are living with Alzheimer's disease – a leading cause of death in the United States. Additionally, more than 11 million family members and friends provide care to people living with Alzheimer’s and other dementias.

In Texas alone, there are more than 400,000 people living with the disease and 1,085,000 caregivers.

For more information about the Walk to End Alzheimer’s Austin, visit [act.alz.org/austinwalk](http://act.alz.org/austinwalk).

**Alzheimer's Association Walk to End Alzheimer’s®**

The Alzheimer’s Association Walk to End Alzheimer’sis the world’s largest event to raise awareness and funds for Alzheimer’s care, support and research.  Since 1989, the Alzheimer’s Association mobilized millions of Americans in the Alzheimer’s Association Memory Walk®; now the Alzheimer’s Association is continuing to lead the way with Walk to End Alzheimer’s. Together, we can end Alzheimer’s.

**Alzheimer's Association®**

The Alzheimer’s Association is a worldwide voluntary health organization dedicated to Alzheimer’s care, support and research. Its mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Visit [alz.org](http://www.alz.org/) or call 800.272.3900.

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