

# Why I Walk

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## Step by Step

"Most people believe that Alzheimer's is an "old person's" disease. But the sad truth is that, of the more than 40 million people that this disease affects worldwide, a growing percentage of these people are younger than the age of 65. And it's growing at a rate of epidemic proportions. My sister-in-law, Cindy Galton, was diagnosed with this horrific disease when she was in her mid-40's. How could this be? Cindy was the most beautiful, vibrant, put together woman I had ever known. Watching the physical devastation that took hold of such a spirited, youthful person was truly heartbreaking. So, I walk for Cindy, and all those affected, including caregivers and loved ones. Each and every step we take truly makes a difference to help raise awareness of this devastating disease. Step by step."

- Lisa Casper



Cindy Galton in her youth.



(l/r) Cindy and Lisa a few years prior to her being diagnosed.



Cindy in her final years surrounded by her loving siblings.