

2026-2028 UNITY PROJECT

MOVE FOR A HEALTHIER YOU



CLUB ACTIVITIES:

1. Challenge members to walk and track steps.
2. Coordinate days to walk as a group, and incorporate seasonal/ local events, such as holiday lights, town events, flower/garden tours, and festivals.
3. Look for indoor walking tracks at parks and area gyms to use during inclement weather.
4. Invite members to arrive at meetings 30 minutes early to walk.
5. Create a team to participate in various walks/runs held to support other nonprofit organizations.
6. Spend a few minutes at each meeting practicing chair yoga and balance exercises.
7. Include exercise tips in newsletters.
8. Recognize members who increase physical activity either in steps or minutes.

COMMUNITY ACTIVITIES:

1. Organize events such as walks, runs, swimming, tennis, golf, and more, to bring awareness of the benefits of physical activity. To increase participation, partner with other groups such as school teams/organizations, and other nonprofits.
2. Create walking trails or paths around your area and document the path in half mile increments. Share with the community to encourage participation.
3. Connect with local organizations that work with senior citizens and share chair yoga weekly or monthly.
4. Publicize your healthy activities to encourage participation and recognize members and the community for supporting the initiative.



I WALK IN SUPPORT
OF A WORLD
WITHOUT
ALZHEIMER'S
AND ALL OTHER
DEMENTIA.



Saturday
November 7, 2026



Time:

Registration 8:15
a.m.

Opening Ceremony
& Walk 9:00



Location:

Trustmark Park
1 Monsters Aly
Pearl, Mississippi
39208



**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION





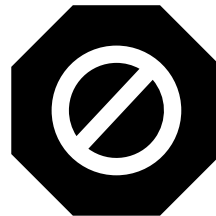
PSP



Recognizing Child Labor Trafficking as Child Abuse: Why Healthcare Can No Longer Look Away

<https://www.healtrafficking.org/resources/protocol-toolkit>

Centers for Nonviolence



<https://humantraffickingsearch.org/recognizing-child-labor-trafficking-as-child-abuse-why-healthcare-can-no-longer-look-away/>

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