

**Did you  
know?**

One in 13 Canadians over 65 has Alzheimer Disease  
or a related dementia

238,000 Canadians over 65 have Alzheimer Disease

It is estimated that in 2011, there will be 111,600  
new cases of dementia



In conjunction with the  
**Alzheimer Society of York Region**  
raising funds for  
Alzheimer's research

Hosts the Third Annual  
**Remembrance Day**  
**“Yoga Buy the Hour”**  
Sunday, November 8, 2009

Roll out your mat and buy an hour  
to benefit Alzheimer Research

Register on-line at  
**[www.forwardmotionyoga.com](http://www.forwardmotionyoga.com)**

*or*

Contact: **Cheryl Ward**  
**905 294-1813**

*[Cheryl@forwardmotionyoga.com](mailto:Cheryl@forwardmotionyoga.com)*

**Ask us about Sponsorships!**

