

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



The Alzheimer Society
of York Region
and
Forward Motion Yoga Studio
present...



Fourth Annual Remembrance Day "Yoga Buy the Hour" Sunday, November 21, 2010 6 Wales Avenue, Markham Yoga sessions, every hour on the hour, for 11 hours.

Buy a yoga session for you and 5 friends for only \$300 or for yourself for \$50
Help us spread the word. Print off a pledge form from forwardmotionyoga.com
and gather support for this worthy cause.

Registration

You have 2 ways to register...

1. Online – visit the events page at www.forwardmotionyoga.com
2. Complete and mail in the registration below

If you cannot attend this year, please consider making a donation.

Name _____

Address _____

City/Prov _____

Postal Code _____

Tel _____

E-mail _____

Please indicate preference

Morning Afternoon Evening

Participants in your group (max. 6)

x \$50 Total \$.00

I would like a tax receipt

Yes No

Please make cheques payable to Alzheimer Society of York Region

Mail to: Forward Motion Yoga, 8 Wales Avenue, Markham ON L3P 2C1

Once payment has been received, you will be contacted with a time confirming your Yoga session.

For more information:

Contact Cheryl Ward at **905 294 1813** or email cheryl@forwardmotionyoga.com or visit www.forwardmotionyoga.com

Net proceeds will be donated to the Alzheimer Society of York Region. Charitable Registration #10670 5429 RR0001