



1 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...

**3rd Annual "YOGA BUY THE HOUR"
Remembrance Day
Sunday, November 8, 2009
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 \$300.00 or for yourself for \$50.00.
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 _____
Telephone _____
Email _____

Please indicate preference Morning Afternoon Evening
Participants in your group (max. 6) x \$50.00 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, Ontario 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

e-mail 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.