



Bike Ride in Honor of The Longest Day

Caregivers taking care of someone with Dementia have it really rough. Let's celebrate them and raise money to increase awareness!

Date: Saturday June 23rd

Starting Place: 1302 Lynndale Road Madison (Joy's House)

Time: 8 a.m.

Refreshments: Brain Healthy Refreshments served.

Destination: The Capitol!

Distance: 12m on flat roads, following Commuter Bike Trail.

Costumes: Please dress up as a Dementia Super Hero!!

(I will have my cape and hope you will too!)

Donations will be taken to support the Alzheimer's Association's work here in South Central Wisconsin.



**DO WHAT YOU LOVE
TO FIGHT ALZHEIMER'S ON JUNE 21**

THE LONGEST DAY
alzheimer's association