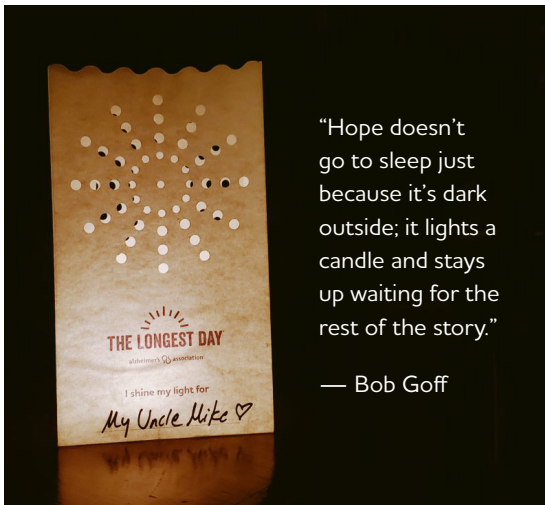




## THIS WINTER SOLSTICE, LIGHT THE WAY FOR THE LONGEST DAY



"Hope doesn't go to sleep just because it's dark outside; it lights a candle and stays up waiting for the rest of the story."

— Bob Goff

On the shortest day of the year, the winter solstice, we invite you to join The Longest Day® as we light a path to a future without Alzheimer's.

In the United States, more than 6 million people are living with Alzheimer's or other dementias, and over 11 million friends and family are providing their care. Show your support for a cause that affects your family, friends, neighbors and community. On Dec. 21, write the name of someone you want to honor with your light, and display this luminary in your window or on your doorstep.

Then, register for The Longest Day at [alz.org/thelongestday](https://alz.org/thelongestday) and join us as we raise funds and awareness for the care, support and research efforts of the Alzheimer's Association®.

On the winter solstice, Dec. 21, share a photo of your luminary on social media using [#TheLongestDay](https://twitter.com/TheLongestDay) and [#ENDALZ](https://twitter.com/ENDALZ).

# JOIN US!

## Raise Awareness and Funds for Alzheimer's

The Longest Day is the day with the most light, the summer solstice. But you don't have to wait — register now and start fundraising to celebrate the winter solstice on Dec. 21. Together, the strength of our light will outshine the darkness of Alzheimer's.

You can make a difference by registering to fundraise at [alz.org/thelongestday](https://alz.org/thelongestday). We'll help with easy ideas that bring friends, family and colleagues together for a great cause.

Raise \$200 by  
December 21  
to receive a  
**limited-edition**  
Winter Solstice  
Challenge pullover!



Scan to register and access fundraising resources.

