



We're currently planning for our 2nd Annual **"Run to Remember" 5K and Fun Run**, which will take place on **Saturday, November 2, 2024 in downtown Edenton** and hope you will **SAVE THE DATE!**

All proceeds from this event will be used to support local caregivers in our community. Funds will be used to offer respite care to qualified caregivers, giving them the opportunity to take a break from their caregiving duties, providing them time to rest, travel or attend to other personal obligations. The funding will directly impact caregivers in the region served by the Albemarle Commission Area Agency on Aging, including the counties of Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrrell and Washington.

More details will be available in the upcoming months! To register or for more information, please visit <https://runsignup.com/Race/NC/Edenton/AlbemarleRuntoRemember> or scan the QR code below.

If you have questions, please contact Ashley Lamb at 252-404-7090.

A Run To Remember

5K & Fun Run



SAVE THE DATE

Saturday,
November 2, 2024 at 9:00 AM
Waterfront Park
Historic Downtown Edenton

Join us as we run/walk to honor and remember those living with Alzheimer's Disease and related dementia and their caregivers! Virtual options are available!

For more information, contact Ashley Lamb at 252-404-7090 or alamb@accog.org

WALK - RUN - HONOR - REMEMBER

WHY WE RUN:

- More than 6 million Americans are living with Alzheimer's. By 2050, this number is projected to rise to nearly 13 million.
- 1 in 3 seniors dies with Alzheimer's or another dementia. It kills more than breast cancer and prostate cancer combined.
- More than 11 million Americans provide unpaid care to a loved one living with dementia.
- In 2023, caregivers of people living with dementia provided nearly 18 billion hours of unpaid care, equivalent to \$340 billion. By 2050, these costs could rise to nearly \$1 trillion.
- Funds raised go to support family caregivers in Northeast North Carolina.

SCAN HERE TO REGISTER:



Albemarle Commission Area Agency on Aging | 512 South Church Street | Hertford, NC 27944 US

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