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## **MAKE A MOVE TO COLOUR OUR WORLD! ALPHA DELTA KAPPA'S VIRTUAL ACTIVITY IN MAY 2020**

What a great way to get everyone moving across the country in support of those living with dementia, their families and their caregivers! In this time of physical isolation, we can unite to inspire people to MAKE A MOVE with us.

(From Alzheimer's site) [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca)

Alpha Delta Kappa is forming virtual teams to support the Alzheimer's Society across Canada! Register as an individual with the Ontario team OR form your own virtual chapter team. The choice is yours. Invite family, friends and fellow educators to join or sponsor our group!

1. [Click here](#) to download beautifully designed pictures of Forget-Me-Not flowers (scroll down to see the different options).
2. Print the page and use your creativity to colour the flowers. Share the file with your family, friends, neighbours and co-workers so that they can colour their own window decal. [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca)

**Let's colour our world with virtual Forget-Me-Not flowers across every city in Canada.** To all Alpha Delta Kappa sisters, let's reach out, connect and form a powerful team across Ontario! Last year we participated in person and raised \$6000.00. This year, your commitment can be whatever suits your ability and or interest - walk, run, dance, move in any way, bake or donate... throughout the month of May. Then celebrate on the 31<sup>st</sup> with a colourful Forget- Me- Knott picture in your window and invite others to do the same.