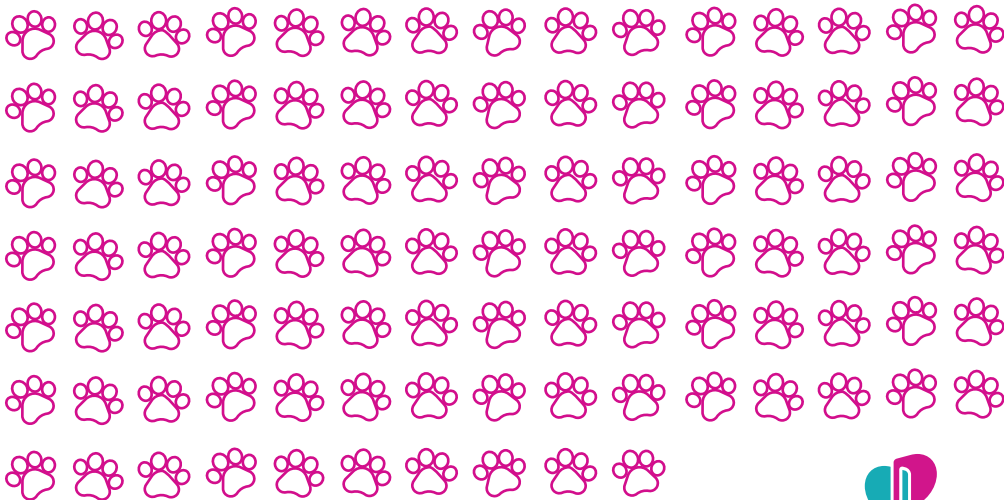


# March Dog Walking Challenge

Tick a paw for every km you complete with your four-legged friend!



DementiaUK

## Welcome to #TeamDementiaUK!

Thank you so much for choosing to take part in our **March Dog Walking Challenge** for Dementia UK.



Every step you take with your four-legged friend, and every pound you raise, will help to ensure that our dementia specialist nurses are there to give families and carers compassionate one-to-one support, expert guidance and practical solutions.

We can't wait to hear how you're getting on - don't forget to update us on your progress by posting in the **Facebook Group**.

Good luck, we know you can do it!

**The Dementia UK Events team x**

P.S. Take a selfie with your four-legged friend and postcard to use on social media. Don't forget to tag **@DementiaUK** and use the hashtags **#TeamDementiaUK** and **#DoItForDementiaNurses**