



**Dementia-friendly Alton
Forget-me-not Walk 2022
Alton Town Park on Big Picnic Day
Sunday 5th June 2022 from 1100 - 1300**

Join in the fun and celebrations as part of the 'Jubilee BIG PICNIC' event in the Town Park by walking with others on a pretty 500m stroll around one circuit, or a more challenging jog if you prefer. Get sponsored for your efforts to help raise valuable funds for dementia-friendly activities in Alton. A luxury picnic hamper will be awarded to the person who collects the most sponsorship.



How to get involved in the Walk - Access information sheet and complete registration and sponsorship forms available from Community Centre or online via website / facebook.

**www.dementia-friendly-alton.org.uk
Choose your own distance, pace and company to enjoy the route around the Town Park – starting and finishing at the Sensory Garden area – the location for FLOURISH dementia-friendly horticulture therapy in Alton. Complete survey at end of walk re future suggestions for our Horticulture / Wildlife projects**

