

Alzheimer Society

QUEST FOR KINDNESS

THE “KIND” OF EVENT YOUR WHOLE TEAM WILL LOVE

"The level of our success is limited only by our imagination and no act of kindness, however small, is ever wasted." - Aesop

Join the Alzheimer Society for the **Quest for Kindness**—a month-long fundraising event (**January 1-29**), that challenges individual participants and **teams** (yes, corporate teams!) to make at least 30 kind-nections by completing a series of acts of kindness, like mentoring a new colleague or telling someone in the office you appreciate them, or by having fun creating your own kind-nection.

Whether you're still working from home and are looking for a way to reconnect with your co-workers, or you've just returned to the office, the Alzheimer Society's **Quest for Kindness** is the perfect opportunity for your team to work together and feel the power of connection, while giving back to people living with dementia and making your community a kinder place.

Together, we will fight the stigma surrounding Alzheimer's disease and dementia and fundraise to help raise \$1 million to support crucial Alzheimer Society education, counselling, and social recreation programs for the 250,000 people living with dementia in Ontario.

Why should you and your colleagues join the *Quest for Kindness*? You will. . .

- Reconnect with colleagues in a fun and engaging way by completing 30 acts of kindness.
- Encourage friendly competition by creating multiple teams within your workplace
- Directly support Alzheimer Society education, counselling, and social recreation programs that people living with dementia rely on through your fundraising efforts and help us raise \$1,000,000.
- Use #QuestForKindness to share your team's fundraising spirit and progress.

Quest for Kindness

January 1- 29

Join The Quest