

Alzheimer Society

QUEST FOR KINDNESS

THE “KIND” OF EVENT YOUR WHOLE TEAM WILL LOVE

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 buying your colleague a cup of coffee or telling someone in the office you appreciate them, or have fun creating your own kind-nections. These kind-nections will help make your community a kinder place for those living with dementia!

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 some 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

[Click to Register](#)

Join The Quest

Register in English [here](#).
Register in French [here](#).