```python
import multiprocessing
import time

def shared_memory_task(shared_data):
    for _ in range(5):
        print(f"Shared Data: {shared_data.value}")
        time.sleep(1)

if __name__ == "__main__":
    # Create a shared memory integer value
    shared_data = multiprocessing.Value('i', 0)

    # Properly create the Process object
    process = multiprocessing.Process(
        target=shared_memory_task, args=(shared_data,)
    )

    # Start the process
    process.start()

    for i in range(5):
        shared_data.value += 1
        print(f"Main Process: {shared_data.value}")
        time.sleep(1)

    # Wait for the subprocess to complete
    process.join()
```