

# Remember Me Sri Lanka By LAF



September celebrates World Alzheimer's Month, in which the Lanka Alzheimer's Foundation (LAF) organises a number of events to bring together the community and raise awareness on providing care, love, and most importantly combat the stigma surrounding the disease.

The events begin with the Run to Remember, which will kick off from the Taj Samudra North Lawn on September 1 at 4.30pm. The first event, which is the five kilometre run, will be flagged off by Jayanthi Kuru-Utumpala together with Johann Peries, the first Sri Lankans to reach the summit of Mount Everest. Runners will have to be present at the venue by 4pm for registration and the briefing. The runners and spectators are also encouraged to purchase a t-shirt and other memorabilia sold by the volunteers to help raise awareness and funds for the

Foundation.

A distinctive art exhibition-“Remember me Sri Lanka” will be held from September 22-30 at Barefoot Gallery from 10am-7pm. The exhibition will feature the works of Sabine Ferber, a volunteer of LAF. The bold and vibrant collection of 26 collages are skilfully created as a means of holistic therapy. A theme featuring Sri Lanka enables the clients of LAF to enjoy as well as enhance their social engagement, by inspiring conversations among people who have difficulties in expressing themselves.

Cinnamon Grand’s Angsana Garden will hold the five kilometre Walk to end Alzheimer on September 29 at 8.30am; all participants are invited to gather at 8am to meet prior to the commencing of the walk. Refreshments will be provided as the walk routes out through key roads of Colpetty, with police escorts assisting at all times. There will also be a raffle draw with attractive prizes to culminate the end of the event.

**Run to Remember - September 1**  
**Remember me Sri Lanka - September 22 - 30**  
**Walk to End Alzheimer - September 29**







**LAZ**  
Lanka Alzheimer's Foundation  
**Run to Remember**  
**RUN**  
WITH YOUR HEART  
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