

Wherever possible, please include: 'If this story has prompted any questions or concerns, please call the **National Dementia Helpline 1800 100 500** (24 hours a day, seven days a week) or visit [dementia.org.au](https://dementia.org.au).'

Sunday 3 March 2024

## Join us TODAY for the Illawarra Memory Walk & Jog

**What:** Dementia Australia's Illawarra Memory Walk & Jog

**When:** Sunday 3 March 2024, from 7.30am

**Who:** More than 500 locals participating on the day. People who have been impacted by dementia, their family, friends and carers.

**Where:** Lang Park, Wollongong

For more information visit: [www.memorywalk.com.au](https://www.memorywalk.com.au)

### Walk or jog with us. We are in this together.

Dementia Australia is the source of trusted information, education and services for the estimated more than 421,000 Australians living with dementia, and the more than 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible. No matter how you are impacted by dementia or who you are, we are here for you.

For support, please contact the **National Dementia Helpline on 1800 100 500**. An interpreter service is available. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit [dementia.org.au](https://dementia.org.au)

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When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).

**Note to Editors:**

We request, where possible, details for the **National Dementia Helpline 1800 100 500** appear alongside news stories about dementia, as these stories often prompt questions or concerns:

**If this story has prompted any questions or concerns, please call the National Dementia Helpline 1800 100 500 (24 hours, 7 days a week) or visit [dementia.org.au](https://dementia.org.au).**