

Monday 14 April 2025

## **Get active and beat dementia in Templestowe!**

The 2025 Templestowe Memory Walk & Jog is nearly here with the event taking place on Sunday 11 May at Westerfolds Park, Templestowe.

Dementia Australia's largest annual fundraising event returns to Templestowe in the hopes of attracting our biggest crowd yet, with participants helping to raise funds in support of people living with dementia, their families and carers.

Each event is a fantastic opportunity for people impacted by dementia and their supporters to come together to walk or run, raise much-needed funds and to connect.

More than 3,170 people live with dementia in the City of Manningham. Dementia is the second leading cause of death of Australians and the leading cause of death of Australian women.

As the number of Australians impacted by dementia continues to grow, it is more important than ever that we raise funds and encourage everyone to get active for their brain health.

Get active and beat dementia, sign-up to participate in Memory Walk & Jog or volunteer at <https://www.memorywalk.com.au/event/templestowe/home>.

Can't attend Memory Walk & Jog but want to be involved? Organise your own group or individual walk or jog, with a MyWay event. Choose your own date and location and register at [www.memorywalk.com.au/get-involved/mw](https://www.memorywalk.com.au/get-involved/mw).

-Ends-

Whenever 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**.'

Dementia Australia is the source of trusted information, education and services for the estimated more than 433,300 Australians living with dementia, and the more than 1.7 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**

**Media contacts:** Teresa Cong, Senior Media & Communications Advisor, [Teresa.Cong@dementia.org.au](mailto:Teresa.Cong@dementia.org.au), 0423 383 564

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

**Note to Editors:**

Photos and video of previous Memory Walk & Jog events for publication are available for use.

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).**