A creative painting by Sabine Ferber, will be featured at the exhibition

September celebrates the 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 start from Taj Samudra North Lawn

on September 1 at 4.30pm. The five kilometre run, will be flagged off by both Jayanthi Kuru-Utumpala and Johann Peries – the first Sri Lankans to reach the summit of Mt 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 which will be sold by volunteers to help raise awareness and funds for the Foundation.

Age does not matter, all enjoy the walk

A distinctive art exhibition titled, "Remember Me Sri Lanka" will be held from September 22 – 30 at the 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 a holistic therapy. The theme of Sri Lanka enables the clients of LAF to enjoy and 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; participants are invited to gather at 8am to meet prior to the

starting 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

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