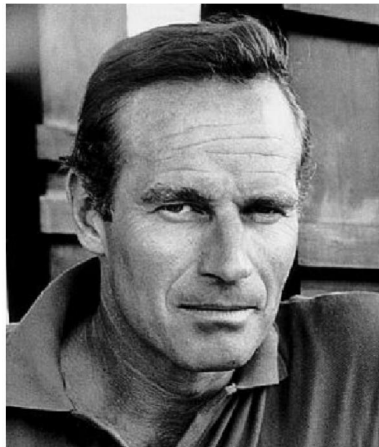


**Ronald Reagan**  
President of the US



**Charlton Heston**  
Actor



**Norman Rockwell**  
Artist



**Rita Hayworth**  
Actress

# Alzheimer's Association

Southeastern Virginia Chapter

6315 North Center Drive

Suite 233

Norfolk, Virginia 23502

And

USA Dance Invite you to the 17<sup>th</sup> Annual New Years Eve  
Dance Extravaganza

FOR 100 YEARS ALZHEIMER'S HAS BEEN ROBBING THE  
MEMORIES OF TOO MANY. IT'S TIME TO MAKE A  
MEMORY OF ALZHEIMER'S

Over 5 million Americans suffer from Alzheimer's disease, a progressive brain disorder that causes loss of memory and ability to function. Nearly 10 million people who provide their care suffer along with them. If something isn't done about Alzheimer's disease now, an estimated 16 million people will have it by the year 2050. While the disease is typically associated with aging, today some 500,000 Americans under the age of 65 have some form of early onset dementia. There is no cure for Alzheimer's, but early diagnosis of the disease can significantly improve treatment options and quality of life. Recent research also suggests that there may be some things you can do to help prevent Alzheimer's.

### Maintain Your Brain - The Benefits of Dance!

There is growing evidence that lifestyle can affect your brain health and risk of getting Alzheimer's. Like other parts of your body, your brain may lose some agility as you get older. It deteriorates even more if you don't take care of it. Dance provides many brain health benefits:

- Physical activity: Since exercise increases the blood flow in the body, it can lower the risks of Alzheimer's by as much as 50%.
- Mental activity: the brain must constantly learn new things so it remains stimulated. Learning dancing steps as opposed to any traditional exercise stimulates the brain and improves muscle coordination.
- Social activity: Interaction with others is important to maintaining cognitive skills.

### Join us in the battle to end Alzheimer's

The Alzheimer's Association is the largest voluntary national health organization dedicated to conquering Alzheimer's disease through research, and to providing information and support to people with Alzheimer's disease and their families. Locally, the Alzheimer's Association Southeastern Virginia Chapter supports thousands of families through various services, including a 24-hour Helpline, Respite Care Subsidy Assistance, Care Consultation, Caregivers Training, a Safe Return program, and resource materials.

For reliable information and support, contact the  
Alzheimer's Association Southeastern Virginia Chapter  
1-800-272-3900

[www.alz.org/seva](http://www.alz.org/seva)

A portion of the proceeds from the 2007 USA Dance New Year's Eve extravaganza will be donated to the Alzheimer's Association Southeastern Virginia Chapter. You may also make a tax deductible donation to the Chapter at the time you purchase your event tickets, or at the event reservation desk.