

STATEWIDE PURPLE OUT WEEK

SEPTEMBER 16-20, 2019

benefitting Alzheimer's Tennessee



Join more than 200 Court Clerks across Tennessee, along with schools, businesses, and individuals to turn the Volunteer State purple and show your support for families facing Alzheimer's disease. Raise awareness & funds during the 5th Anniversary of #PurpleOut

PURPLE OUT: 5 WAYS IN 5 DAYS

Monday, Sept. 16: Go Purple! Decorate your car, office, front/office door, and mailbox with purple for the week! Use purple ribbons or incorporate a fun theme (ie superheros).

Tuesday, Sept. 17: Purple Memory Day Pay tribute to a loved one who has been touched by this disease. Reach out to a caregiver to show your support.

Wednesday, Sept. 18: Eat Purple, Play Purple Think brain-healthy: berries, grapes, plums. Challenge yourself and co-workers or family to a memory game.

Thursday, Sept. 19: Sock Out Alzheimer's Put on a pair of new Tri-Star Alzheimer's Tennessee Socks. Order at alzTennessee.org/PurpleOut



Friday, Sept. 20: Wear Purple

Order shirts at alzTennessee.org/PurpleOut by August 28.

Tri-Cities ■ Knoxville ■ Cookeville ■ Nashville ■ Tullahoma ■ Jackson

www.alzTennessee.org

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