

Go Mug free in May in aid of Alzheimer's Research UK



Could you cut out the cappuccino, ditch the decaf or hold off on the hot chocolate?

We're asking you to ditch your favourite hot drink during May. A day, a week, all month...you decide how big your challenge should be.

Simply set up an online fundraising page and ask your colleagues and friends to sponsor you.

www.alzheimersresearchuk.org

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www.alzheimersresearchuk.org
Charity numbers 1077089 and SC042474



**Alzheimer's
Research
UK**

Make
breakthroughs
possible