

ATTENTION ALL SWIMMERS!

The 6th Annual **Distant Memories Swim** will take place on Wednesday, July 22, 2009

Swimmers will leave Asharoken Beach in Northport at the 12 noon high tide and swim 3.5 nautical miles across the bay to Knollwood Beach in Huntington in order to raise awareness for Alzheimer's disease and raise funds for research and the Long Island Alzheimer's Association.

In 2003, I swam the first Distant Memories Swim to bring attention to Alzheimer's disease, which impacts over 55,000 families here on Long Island. Over the past five years, the Distant Memories Swims have raised over \$32,000 for research and to assist the Alzheimer's Association in providing for families impacted by dementia and other related disorders.

The swim takes approximately 2 hours to complete. Swimmers will be escorted across the bay by a local fire department boat and the Town of Huntington Harbormaster. In addition, there will be kayakers in the water with you.

If you would like to join the team as a swimmer-fundraiser, please contact me at info@memoryswim.org **and include your name, address, telephone number and e-mail address** so we can keep you informed about the swim.

For further information about the programs the swim supports, call Mary Ann Ragona at the Long Island Alzheimer's Association at 631-580-5100.

Thank you for your support!

Sincerely,
Bryan Proctor

