



Alzheimer's Prevention Day

Learn how to dementia-proof your diet & lifestyle.

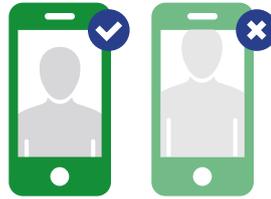
How to record your 30 sec campaign video for Alzheimer's Prevention Day

1

SETUP



Portrait please at 1080p maximum (HD, not 4K)



Position yourself centre of frame, with some space above



Make sure we can hear you. Avoid wind, crowds or traffic

2

CONTENT



Start with your activity, ie. "I play the guitar every day"



End your video with: "That's what I do to help prevent Alzheimer's"



Call to action: You can tell people to "Find out more at alzheimersprevention.info"

3

YOUR FILE / POSTING

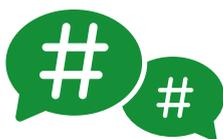


Upload to our website via the contact form



We will send you back a 'framed' campaign video via email to share on social media

ONCE WE SEND YOU YOUR FRAMED VIDEO, HELP US SPREAD THE WORD!



Post your video on social media, tag: [#AlzheimersPreventionDay](https://www.instagram.com/AlzheimersPreventionDay) [@AlzheimersPreventionDay](https://www.facebook.com/AlzheimersPreventionDay)



Share our graphics to spread the word that Alzheimer's Is Preventable



Feel free to share any other campaign videos on your story to help spread the word!

#AlzheimersPreventionDay