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Annual Alzheimer's walk is Sun., Oct. 20

Get your steps in, and raise awareness and much needed funds for those in Los Angeles facing Alzheimer's at the annual Walk4ALZ at Los Angeles State Historic Park, 1245 N. Spring St., Sun., Oct. 20. Registration is at 8 a.m.; the walk begins at 10 a.m.

The one-mile walk is open to all ages and abilities. Games, contests, music and a health and wellness resource village will be featured. Dogs on leashes are also welcome.

Much of the funds raised go to providing free resources, support groups and care counseling for caregivers helping a loved one.

Visit alzheimersla.org.