



TR's Karen Holden is pounding the pavements for the Alzheimer's Society

United Against Dementia

We're delighted to report that TR's UK Operations Manager Karen Holden will be running in the Darlington 10k event in August, and will be helping to raise money and awareness for an extremely worthy cause at the same time.

Karen only started running in 2022, but as she says herself, she was soon 'bitten by the running bug'. Her efforts will be helping to bring much-needed funding for the Alzheimer's Society.

One of the UK's most important charities, the Alzheimer's Society has been working ever harder to fund ground-breaking research into the causes and effects of dementia. This debilitating disease has touched the lives of millions, and it continues to cause great upset to both sufferers and their loved ones all over the world. Karen's family has also been affected by the condition, so it's a cause that's particularly close to her heart.

For anyone who'd like to make a donation, and to thereby give her efforts even more of a boost, please visit this page: <https://www.justgiving.com/page/karens-10k>

