



Tips for Using Social Media to Help Beat Parkinson's!

Tell Your Story

Your favorite social media networks – Facebook, Twitter, Instagram and more – are the perfect way to tell your friends and family why you are committed to beating Parkinson's. Share why you're walking in Moving Day®, recruit your loved ones to join you and encourage everyone to help you reach your fundraising goal.

What Can You Post About?

Update your friends and family about your fundraising progress and thank donors for their support. Everyone gets writer's block sometimes, so check the end of this page for suggestions of what you can post!

Remember the Hashtags

Hashtags are the perfect way to connect with other people who are as passionate about doing whatever it takes to beat Parkinson's! Use #BeatParkinsons and #Move4PD in your posts and photos.

Sample Posts

Start raising awareness and funds by copying these posts into your favorite social media accounts! All you have to do is add your personal fundraising page link to the end of each of these posts and fill in the information that is specific to your walk.

Facebook/LinkedIn/Instagram

- Join me on [DATE] at [LOCATION] for the Moving Day walk for Parkinson's! Please show your support by joining my team today. [LINK TO PERSONAL FUNDRAISING PAGE] #Move4PD #BeatParkinsons
- I'm walking to beat Parkinson's for my [mother, father, sister, brother, husband, wife, self, etc.]. I need your help – please support my efforts to raise funds for research and local programs for people with Parkinson's by making a donation on my page. [LINK TO PERSONAL FUNDRAISING PAGE] #Move4PD #BeatParkinsons



- Please help me! I am at [insert percentage] of my fundraising goal for the Moving Day walk for Parkinson's. As you probably know, Parkinson's disease is a cause that is incredibly important to me, and I am determined to beat Parkinson's! [LINK TO PERSONAL FUNDRAISING PAGE]
#Move4PD #BeatParkinsons

Twitter

- Help 1 million Americans #BeatParkinsons – join me at the Moving Day walk for Parkinson's! #Move4PD [LINK TO PERSONAL FUNDRAISING PAGE]
- I #Move4PD in honor of my [mother, father, sister, brother, husband, wife, self, etc.]. Please help me raise funds for research & programs! [LINK TO PERSONAL FUNDRAISING PAGE]
- I'm at [insert percentage] of my fundraising goal to #BeatParkinsons. Please support me by making a donation today! #Move4PD [LINK TO PERSONAL FUNDRAISING PAGE]

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