



# Moving Day<sup>®</sup> Charleston Walker 2018 Event Details

Saturday, June 2<sup>nd</sup>, James Island County Park – Edisto Hall

9 a.m. – 12:00 p.m.

TO REGISTER: [www.movingdayCharleston.org](http://www.movingdayCharleston.org)

## EVENT DETAILS

- **Date:** Saturday, June 2, 2018 - Edisto Hall, 9 am - noon
- **Location:** James Island County Park
- **Website:** [www.movingdayCharleston.org](http://www.movingdayCharleston.org)
- **Primary Contact:** Kristin Trulock
- **EMAIL:** [ktrulock@parkinson.org](mailto:ktrulock@parkinson.org)
- **PHONE:** 501-590-8948

## EVENT SCHEDULE

### 2018 Charleston Moving Day Schedule of Events

- 8:40-9:00 am **Higher Education – Set 1**
- 9:00-9:30 am **Bob Michalski – Set 1**
- 9:00 am **Registration Announcement**  
 Registration Opens  
 Movement Pavilion Opens  
 Refreshment Tent Opens  
 PAALS Therapy Dogs Area Opens  
 Resource Tent Opens  
 Kid Zone Opens
- 9:30-9:50 am **Higher Education – Set 2**
- 9:50-10:20 am **Bob Michalski – Set 2**
- 10:20 am **Opening Ceremony - Dr. John Common, Beth Plante, Dr Hinson, Jay Phillips**  
**“Blame It on the Parkinson’s” line dance warm-up (starring Mitch Faile)**  
**Lee Westbrook, Poet Laureate**
- 10:30ish am **Ribbon Cutting and Walk Begins**
- 10:40-11:00 am **“Move with Parkinson’s” onstage (Angie)**
- 11:00-11:30 am **Bob Michalski -- Set 3**
- 11:30-11:40 am **FEELanthropi’s Team Swagger, DJ Music**
- 11:40 am **Closing Ceremony – Kristin Trulock, Awards**
- 12:00 pm **Event Closes**

### Movement Pavilion Schedule

9 – 9:20 a.m.	Rock Steady Boxing MUSC – Wellness Center
9:20 – 9:40 a.m.	Bonnie Friedman – Yoga and Balance
9:40 – 10 a.m.	Rock Steady Boxing Charleston – Grit Box Fitness
10 -10:20 a.m.	Patrick Ruppe – LSVT Big – Fox Rehab
11 – 11:20 a.m.	Stephen Cutia – LSVT Loud - Northern Tides Speech and Language
11:20 – 11:40	Reggie Westbrook – Tai Chi – Masters Studios of Self Defense

# Make sure to come to the stage for opening and closing ceremonies! You won't want to miss these inspirational speakers!

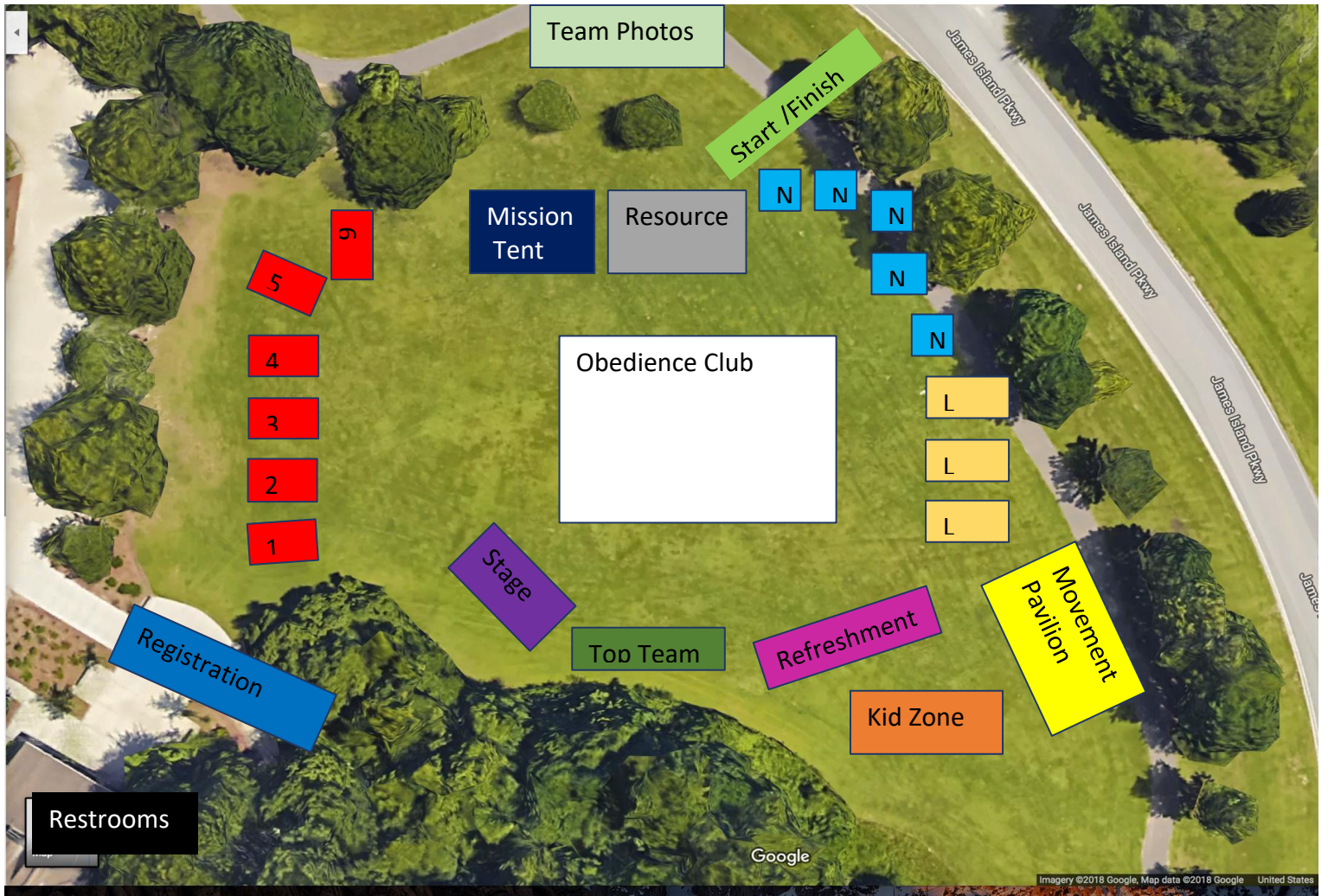
## What to Bring:

- **Friends, family members, coworkers, supporters and your furry friends to join you for the event.** To expedite the check-in process, make sure people register at [www.movingdaycharleston.org](http://www.movingdaycharleston.org). Day-of registration is also available.
- **At the gate tell them you are with Moving Day Walk and you will not pay the \$2 entry fee.**
- **REGISTRATION** Pick up your "Passport to Parkinson's" from our fabulous greeters or registration table. Make sure to visit all the booths with your passport for a chance to win some great prizes. Turn in your passport to the Mission Tent before closing ceremonies. Have to be present to win. **If you have registered online and don't have money to turn in, simply join in on the fun!**
- **DONATION MONEY** Any donations that you have received and need to turn into The Parkinson's Foundation. We will have official PF staff onsite collecting donations. (Make sure you raise \$100 or more before the event or bring the donations with you to the event to collect your special Moving Day® t-shirt! All other incentive prizes will be sent out after the event.)
- **FOOD** - There will be water, granola bars and fruit free. Plus, there will be food at vendor/sponsor tables.
- **ATTIRE** Walking shoes and a smile. Appropriate gear for the weather. Moving Day® is rain or shine so please dress appropriately! **If it rains, we will be in the Edisto Hall.**
- **TEAM SPIRIT.** You and your teammates can make your own team shirts, signs, etc. to show your Moving Day® spirit!
- **PRIZES** - there will be prizes for the best team t-shirt, highest fundraising team, largest team, and largest sponsorship team.
- **PARKING** - You can park in any of the lots surrounding Edisto Hall. The lots attached to this area are reserved for handicap parking, sponsors, volunteers, vendors and top fundraisers. We will have golf carts to pick up walkers around the overflow parking lots. There is handicap parking in each of these lots as well.
- **DOGS**- Dogs are MORE than welcome to come and are encouraged to be a part of the Obedience Club Course. Make sure to clean up after your furry friend! There is a dog lake on the walk path.
- **TSHIRTS**- If you have raised \$100 make sure to stop by the t-shirt table right next to registration.
- **STROLLERS/HANDICAP**- This venue is fully accessible.
- **QUESTIONS**- Contact Kristin Trulock at [ktulock@parkinson.org](mailto:ktulock@parkinson.org) or 501-590-8948

## ACTIVITIES

- **Kid zone**- temporary tattoos, face painting, photo booth, games and more.
- **Mission tent**- Come participate in the Parkinson's experience created by UK PT students, learn how the Parkinson Foundation is helping families around the community and sign up for free educational materials and more.
- **Connection Beads**- Visit the bead table next to the Mission Tent to pick up beads to show your connection with Parkinson's Disease
- **Walking for bibs** - Create your bib of who you are walking for at the Mission Tent.
- **Music**- provided by Bob "The Sax Player" Michalski
- **Movement Pavilion**- come participate in all of our classes. All are encouraged to participate.
- **Resource tent**- stop by for free goodies and to learn resources that are available in your community for PD patients.
- **Sponsor/ Vendor tables** - Boston Scientific, Right at Home, Abbott, The Palms, Sunovion, Acadia Pharmaceuticals, US World Meds, Adamas, GE, Impax, Lundbeck, MUSC Dark, Northern Tides, Mass Mutual and Medtronic
- **Special guests**- Paals - Palmetto Animals Assisted Life Services, Charleston Dog Training Club, and Town of Mt Pleasant's Unified Hip-Hop, Mitch Faile "Blame it on the Parkinson's", and Higher Education band.

# VENUE MAP



Top Sponsors  
National Sponsors  
Local Sponsors  
Mission Tent  
Resource Tent  
Team Photo Booth

Refreshments  
Stage  
Top Team Tent  
Obedience Club  
Kid Zone  
Movement Pavilion

Restrooms  
Registration  
 -T-Shirts  
 -Volunteer Sign in  
 -First AID



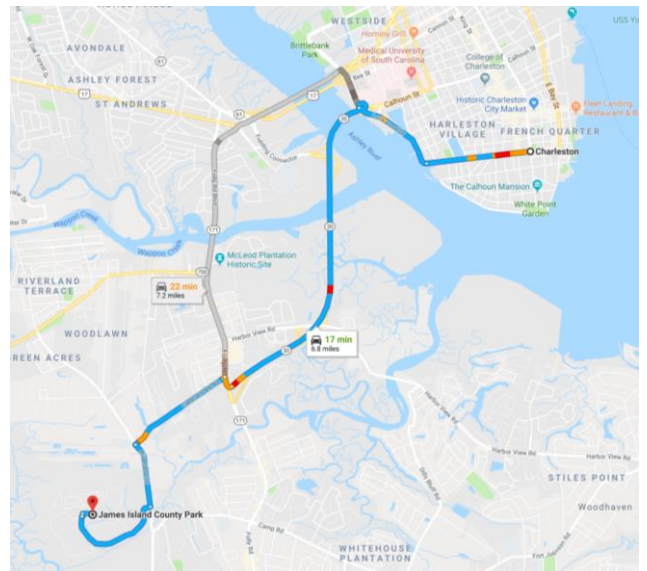
## Directions to the Event and Where to Park

### Address:

871 River land Drive, Charleston, SC 29412

Charleston  
South Carolina

- Take SC-30 W and Central Park Rd to James Island Pkwy  
12 min (5.9 mi)
- Head west on Broad St toward King St 0.8 mi
- Continue onto Lockwood Drive 0.7 mi
- Slight right to merge onto SC-30 W toward James Island/Folly Beach 2.8 mi
- Turn right onto Folly Rd 0.1 mi
- Turn left onto Central Park Rd 0.9 mi
- Turn left onto River land Drive 0.5 mi
- Follow James Island Pkwy to your destination 4 min (0.9 mi)
- Turn right onto James Island Pkwy 0.9 mi
- Turn right 33 feet
- Turn left 121 feet





# The Route of the Walk



Short route 300ft



Longer Route

# THANK YOU to our sponsors!!



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A Promise for Life

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# Medtronic

THE PALMS OF MT. PLEASANT

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# MassMutual

South Carolina



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