



IMPORTANT INFORMATION FOR MOVING DAY BOCA RATON

It's hard to believe but Moving Day Boca Raton is just a few short days away! Please read the following information to help your day go as smoothly as possible.

Moving Day Schedule:

- 8:00 a.m. – Registration, Refreshment Tent, Sponsor Tents and Movement Pavilion open
- 8:15 a.m. – Movement Activities Begin
- 9:30 a.m. – Opening Ceremony Begins
- 10:00 a.m. – Walk Begins (Ribbon Cutting at Arch)
- 10:45 a.m. – Closing Ceremony, Award Presentations
- 11:30 a.m. – Close

What should I bring with me?

- Friends, family members, co-workers, and supporters to join you at Moving Day!
- THIS DOCUMENT. Please read and print this document so you have directions and parking information the morning of the event.
- Bring walking shoes, sunscreen and a smile.
- Team spirit. You and your teammates can make your own team shirts, signs, etc. to show your Moving Day spirit!
- Appropriate gear for the weather. Moving Day is rain or shine so please dress appropriately!

Directions to the walk

The event is located at Florida Atlantic University's Stadium, [click here](#) for Google Maps driving directions. When you arrive, follow the Moving Day signs.

Where do I park?

Free parking is available at Parking Garage #3. Please only use Level 2 and higher. There are elevators available on the East Side.

Will there be food or beverages?

Yes.

Is Moving Day kid-friendly?

Yes! Please bring the whole family. Moving Day is a great opportunity for all your loved ones to rally around friends or family living with Parkinson's disease.

What if it rains?

Moving Day will take place rain or shine unless there is a circumstance of extreme weather. Please dress accordingly.



Can I bring my dog?

Due to the construction at FAU, please do not bring your pets.

In addition to the walk, what else can I do?



SUNDAY, NOVEMBER 4, 2018
FLORIDA ATLANTIC UNIVERSITY STADIUM
EVENT WILL TAKE PLACE RAIN OR SHINE!
DRESS COMFORTABLY
TURN IN DONATIONS AT REGISTRATION



SCHEDULE OF EVENTS	
8:00 am	Registration & Check-In Open
8:15 - 8:30 am	Stretching
8:30 - 8:45 am	Dance Therapy
8:50 - 9:10 am	Beat to Defeat
9:15 - 9:30 am	Boxing
9:30 am	Opening Ceremony
10:00 am	Ribbon Cutting and Walk Start
During Walk	Balance and Speech & Band Performance



EVENT CONTACT:

Mariah Moscone
 561-332-1749 | mmoscone@parkinson.org

The walk is just one part of Moving Day. There are many other activities at Moving Day:

- **Resource Pavilion & Local Sponsor Row** – Visit with local businesses and organizations providing services to the local community and people with Parkinson’s.
- **National Sponsor Row** – Meet with our National Sponsors and learn about the opportunities they provide for the Parkinson’s community.
- **VIP Team Area** – A special area for our VIP teams from the prior year. Will your team earn a spot for Moving Day 2019?



- **Parkinson's Foundation Mission Tent** – Learn about all the free resources, educational materials, programs, and training available from the Parkinson's Foundation. Fill out a Walk Bib to honor loved ones and show why Moving Day is important to you. Visit the Parkinson's Connection Station to get free beads that you can wear to show your connection to Parkinson's disease.
- **Movement Pavilion (Stage)** – Get moving at our signature pavilion! Here's an opportunity for everyone to try out many Parkinson's-friendly exercises led by trained professionals. The stage is also home of the Opening and Closing Ceremonies.

Who can help if I have questions or get lost at the event?

Please look for volunteers in bright yellow shirts.

How long is the walk route?

This non-competitive walk is just around the inside of FAU Stadium. We encourage everyone to walk around twice!

Will the other activity areas still be open during the walk?

Yes! We understand not everyone will participate in the walk, so all activities will still be available during the walk. However, we do encourage everyone to join us at the Main Stage for the Opening and Closing Ceremonies.

What activities are in the Movement Pavilion?

EVERYONE is invited to get moving at the Movement Pavilion. Exercises are Parkinson's-friendly and can be done both seated and standing. Schedules will be posted throughout the event site and will be available at the Registration Tent. Detailed information about the classes and where you can find them will be available at the Movement Pavilion (Stage). Our current line-up includes the following demonstrations:

Movement Pavilion Schedule:

Time	Exercise/Activity
8:15 – 8:30 a.m.	Stretching
8:30 – 8:45 a.m.	Dance Therapy
8:50 – 9:10 a.m.	Beat to Defeat
9:10 – 9:25 a.m.	Boxing
10:10 – 10:25 a.m.	Speech
10:30 – 10:45 a.m.	Welcome Back Participants

Are ADA restrooms available?

Yes.

Will first aid be on site?



Your safety is our top priority. First Aid Kit will be located at Registration. There will also be FAU Police and Boca Raton Fire and Rescue Staff.

Is there a hashtag I can use for social media?

Yes! Thanks for asking! Please let everyone in your network know how much fun you're having at Moving Day by using the hashtags *#move4PD* or *#BeatParkinsons*.

Do I have to visit the Registration Tent? What if I registered online?

Yes. We ask that everyone in attendance stops by the Registration Tent, even if you've already registered online. It's how we'll provide you with important information, including last minute updates, and make sure you've signed a participation waiver.

Does every participant get a Moving Day T-shirt?

Every registered participant will receive a limited edition Moving Day T-shirt if they achieved the fundraising minimum of \$100. Moving Day T-shirts will be given to participants on walk day. If we do not have a T-shirt for you at the event, we will order one for you and it will be given after the walk.

Are there other fundraising incentives besides the Moving Day T-Shirt?

After the event has taken place, you will have an additional 30 days to get your donations in to qualify for an incentive prize. Visit the Moving Day website for more details.

I have donations to turn in. Can I do that day of event?

Please drop them off at the Registration Tent when you arrive.

Can I donate at Moving Day?

Yes! We'll be accepting cash, check and credit card donations at the Registration Tent.

I'm still waiting for some donations. Can I turn them in after the event?

Yes! You can continue fundraising and turn in donations up to 60 days after the event.

What should I tell people who don't want to donate online?

Donations can be mailed to:

Parkinson's Foundation South Palm Beach County Chapter
ATTN: Moving Day
21301 Powerline Road, Suite 303
Boca Raton, FL 33433

Please make checks payable to Parkinson's Foundation. Include Moving Day Boca Raton and your name on the memo line so we can properly credit the funds to you and your team.

How can I become a volunteer?



The success of Moving Day depends heavily on the support we receive from our volunteers in the months leading up to the event and on walk day. There are many ways you can get involved, for more information, contact Mariah Moscone at 561-332-1749 or mmoscone@parkinson.org.

What else should I know about Moving Day Boca Raton 2018?

Please do not forget, Daylight Savings Time ends at 2:00 a.m. on Sunday, November 4.