



## MOVING DAY Nashville Event Details

### Activities Schedule

Time	
1:30 p.m.	Registration, Refreshment Tent, Kid's Area, Mission Tent, Resource Pavilion open
1:30 p.m. to 3:45 p.m.	Movement Pavilion Demonstrations
2:00 p.m.	Welcome and Warm-Up for Walk
2:30 p.m.	Opening Ceremony and Walk Begins (Ribbon Cutting at Balloon Arch)
3:45 p.m.	Closing Ceremony, Top Team Award Presentation
4:00 p.m.	Close

### Movement Pavilion Schedule

Time	Movement Pavilion Activity
1:30 p.m. to 3:45 p.m.	RSB with Colleen Bridges and team

**Registration:** To register online for Moving Day, go to [www.movingdaynashville.org](http://www.movingdaynashville.org). You can register in person at the Registration Tent on walk day. We strongly encourage everyone to register pre-event. There is no registration fee; however, we encourage all participants to raise at least \$100 to receive an official 2019 Moving Day shirt on walk day. Fundraise \$250 or more to receive an exclusive Moving Day water bottle on walk day. Walk participants can earn additional fundraising rewards. Please visit our [Fundraising Rewards page](#) for more information.

All participants that have pre-registered must check-in at the Registration Tent on walk day.

**Directions:** The event is located at the Sheltered Event Pavilion in Centennial Park, 2500 West End Ave, Nashville, TN 37203. When you arrive, please follow the Moving Day signs. The entrance to the pavilion will be the starting point for the walk.

### Coming from the South — Brentwood, Cool Springs, Franklin, Columbia; Huntsville, AL

1. 65 North to 440 West
2. Exit West End Avenue (to the right towards downtown)
3. Left on 25th Avenue North

**Coming from the North — Madison, Gallatin, Hendersonville; Bowling Green, KY**

1. 65 South to 40 West to 40 East (follow signs to Nashville)
2. Exit Charlotte Avenue (turn right on to Charlotte)
3. Left on 23rd Avenue North
4. Right on Patterson Street and then left on 25th Avenue North

**Coming from the West — Bellevue, Kingston Springs, Dickson, Memphis**

1. 40 East to 440 East
2. Exit Murphy Road, turn Left
3. Left on to West End Avenue
4. Left on 25th Avenue North

**Coming from the East — Donelson, Hermitage, Lebanon, Knoxville**

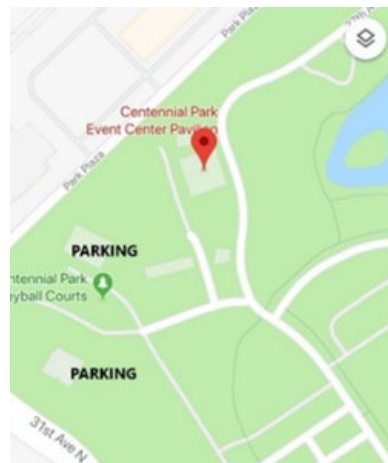
1. 40 West to 440 West
2. Exit West End Avenue (to the right towards downtown)
3. Left on 25th Avenue North

**Coming from the South East — Lavergne, Smyrna, Murfreesboro, Mont Eagle, Chattanooga**

1. 24 West to 440 West
2. Exit West End Avenue (to the right towards downtown)
3. Left on 25th Avenue North

**Coming from the North West — Joelton, Springfield, Clarksville**

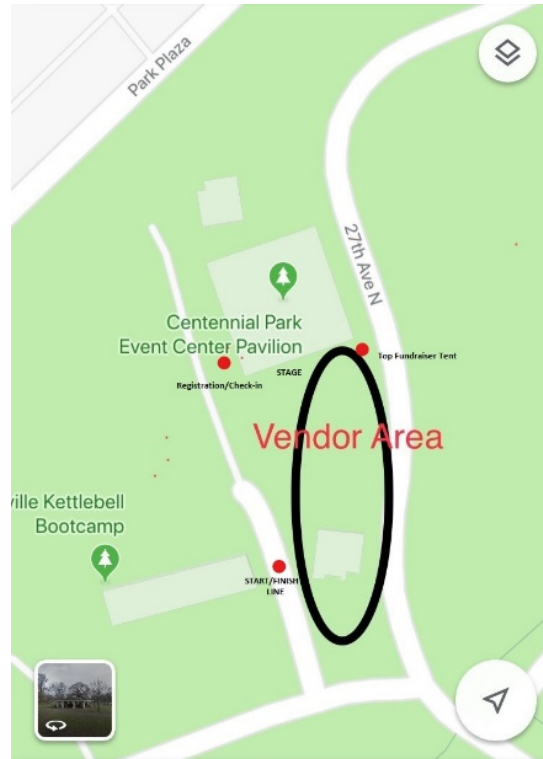
1. 24 East to 65 South
2. 40 West to 40 East (follow signs to Nashville)
3. Exit Charlotte Avenue (turn right onto Charlotte)
4. Left on 23rd Avenue North
5. Right on Patterson Street
6. Left on 25th Avenue North



**Parking:** Parking is first come first serve at various locations inside the park, around our venue, and at the Parthenon. Handicap parking is located close to the shelter. There will be police present to direct traffic and assist with parking.

**Walk Route:** The Moving Day walk is for participants of all ages and all abilities. It is a flat surface that starts at the site and goes around the lake.

**Site Map:**



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

- **Resource Pavilion & Local Sponsor Spotlight** – 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.
- **Stage** – Home of the Opening and Closing Ceremonies. The Stage is also party central thanks to music provided by Hugh Bennett Productions and the Peterson Choir.
- **VIP Team Area** – A special area for our VIP teams. Will your team earn a spot for Moving Day Nashville? A small sandwich lunch will be provided to those who fundraised \$500 or more.
- **Team Photo Area** – Gather your team together for group pictures!
- **Kid’s Zone** – We will have a bouncy house and face painter.

- ***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.
- ***Movement Pavilion*** – Get moving at our signature pavilion! Here's an opportunity for everyone to try out many Parkinson's-friendly exercises led by trained professionals.

**ADA Restrooms:** ADA restrooms can be found in the pavilion shelter. Port-a-lets will also be available.

**Top Fundraiser Lunch:** All participants that have raised \$500 or more are invited to join us at the Lunch. Your Moving Day Staff partner will provide additional details soon.

**Refreshments/Snacks:** Healthy snacks provided by Acadia Pharmaceuticals and bottled water will be available under the event shelter.

**Dogs:** Dogs are allowed but must always be leashed and cleaned up after.

**Rain or Shine:** Moving Day takes place rain or shine! Be sure to check the weather forecast and prepare accordingly. If conditions warrant any change, announcements will be made on the Moving Day website.

**Donations:** Cash, check and credit card donations will be accepted on walk day.

Donations can be mailed to the address below prior to or after Moving Day.

Parkinson's Foundation  
Attn: Moving Day Nashville  
200 SE 1<sup>st</sup> Street, Suite 800  
Miami, FL 33131

Please make checks payable to the **Parkinson's Foundation**. We ask that you include a note with your donations indicating the participant and/or team the donation(s) should be credited to.