



IMPORTANT INFORMATION FOR MOVING DAY JACKSONVILLE

Volunteer

Volunteer for Moving Day Jacksonville by registering [here](#).

Moving Day Schedule:

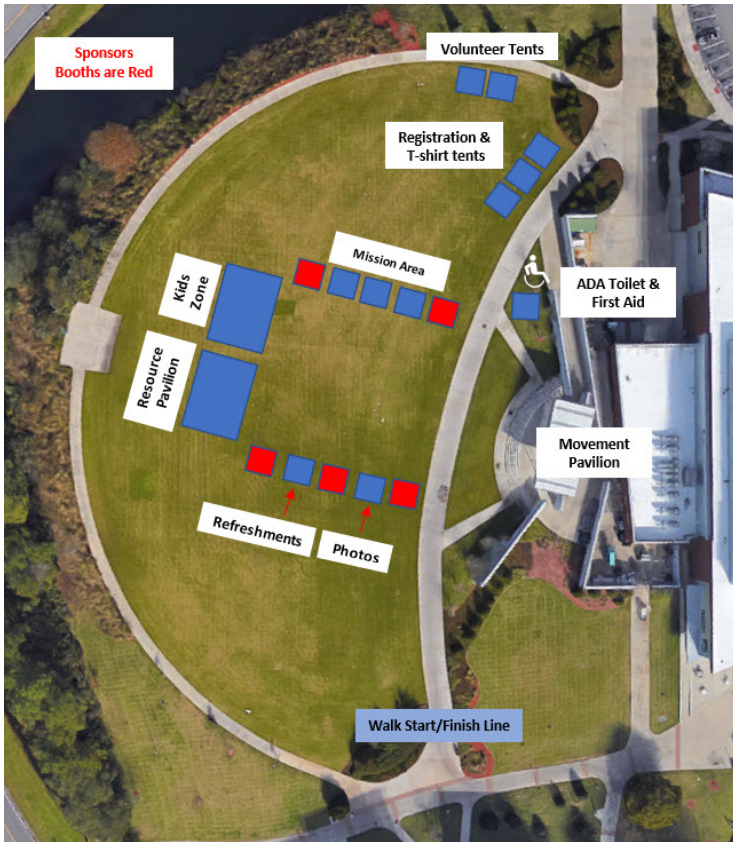
9:00 a.m.	Registration and Moving Day Festival Activities Open
10:30 a.m.	Welcome and Opening Ceremony
10:45 a.m.	Walk Begins
11:30 a.m.	Closing Ceremony and Awards
12:00 p.m.	Close

Movement Pavilion Exercise Demonstrations:

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 Registration. Detailed information about the classes and where you can find them will be available at the Movement Pavilion.

9:15 a.m. – 10:30 a.m.	Chair Yoga	Instructor: Nancy Rathburn
	Tai Chi	Instructor: Duffy McCoy and Eric Hunt
	Exercise Roulette	Instructor: Jackie Osborne
	PWR!	Instructor: Melanie Lomaglio
	Dance for Life	Instructor: Cari Coble
	Boxing	Instructor: Kristen Gray
11:00 a.m. – 11:30 a.m.	PWR!	Instructor: Melanie Lomaglio

Venue Map:

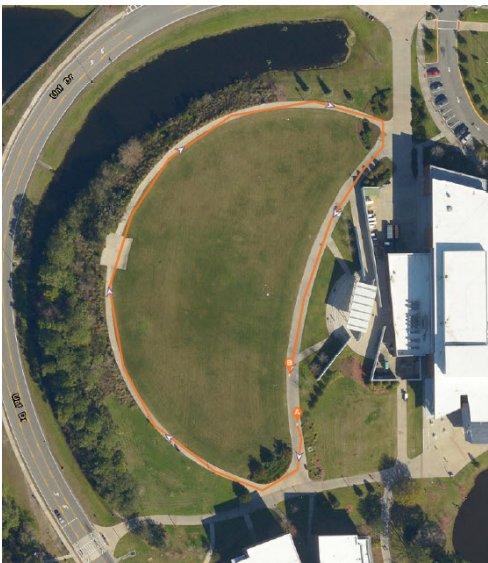


Walk Route:

Our event is a non-competitive fun walk and includes a long and short walk route. The long route is 1.5 miles long and stays on paved sidewalks on the UNF campus. The long route is handicap accessible, and there is one water station on the route. The short route is 1/2 mile long and stays on paved sidewalks around the festival area. Please see the map below for this year's walk routes.

As an alternative to participating in the walk, attendees may enjoy exercise demonstrations adapted for people with Parkinson's at the Movement Pavilion.

Short Route ½ mile



Long Route 1.5 miles



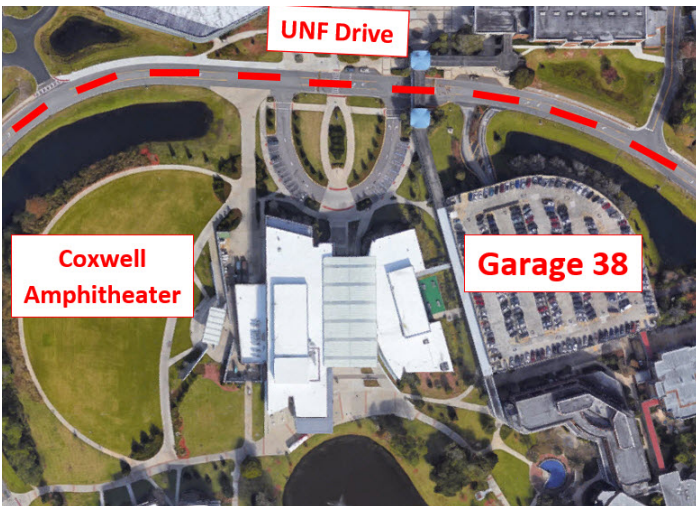
Directions:

The event is located at the University of North Florida's Coxwell Amphitheater pictured below. Click [here](#) for Google Maps driving directions. When you arrive follow the Moving Day signs.



Parking:

Free parking is available at **Garage 38** next to the UNF Student Union building. Our venue at the Coxwell Amphitheater is located on the opposite side of the UNF Student Union building.



Policies and what to bring:

- 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. We will have directional signage and volunteers, but it's a good idea to have this information handy as well.
- 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!
- Selling items, sign-ups for other walks or activities or raising money for other efforts is prohibited. Thank you for your understanding of this policy.
- Please pay close attention to posted parking and meter signs.

When should I register for Moving Day?

Register online at www.movingdayjacksonville.org for easy check-in the day of walk. If you don't register online prior to the event, please visit the Registration Tent upon arrival.

What is the registration fee?

There is no registration fee for Moving Day. However, we ask every participant to make a personal donation and commit to raising funds for the fight against Parkinson's disease.

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.

How do I get a T-shirt? Can I buy one?

Every registered participant will receive a T-shirt on walk day after achieving the fundraising minimum of \$100. They are not for sale.

Do I have to be on a team? How big do teams have to be?

You can participate in Moving Day as an individual. There's no size requirement for teams. Whether your team has two members or 200, we're happy you're participating in Moving Day Jacksonville to raise money and awareness of Parkinson's disease.

I have donations to turn in. Can I do that on walk day?

Of course! Please drop them off at the Registration Tent when you arrive. We'll be accepting cash, check, and credit card donations at Registration.

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?

Please make checks payable to Parkinson's Foundation. Include Moving Day Jacksonville and your name on the memo line so we can properly credit the funds to you. Donations can be mailed to:

Attn: Moving Day Jacksonville
Parkinson's Foundation
200 SE 1st Street, Suite 800
Miami, FL 33131

Will there be food or beverages?

Water and other light refreshments will be available on walk day.

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. Children can enjoy fun games and activities in the Kids Zone.

Can I bring my dog?

Service animals only. Pets are not allowed on campus.

IN ADDITION TO THE WALK, WHAT ELSE CAN I DO?

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

- ***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.
- ***Stage & Movement Pavilion*** – Home of the Opening and Closing Ceremonies and our signature Movement Pavilion with exercise demonstrations to get you moving! Here's an opportunity for everyone to try out many Parkinson's-friendly exercises led by trained professionals.
- ***Resource Pavilion*** – Visit with local businesses and organizations providing services to the local community and people with Parkinson's.
- ***Sponsor Booths*** – Meet with our National and Local Sponsors to learn about the opportunities they provide for the Parkinson's community.
- ***Team Photo Area***– Gather your team together for group pictures!
- ***Kids Zone*** – Activities for the younger set to keep the whole family entertained

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

Please look for a volunteer in a bright yellow shirt.

Will the other 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. We encourage everyone to join us at the Main Stage for the Opening and Closing Ceremonies.

Are ADA restrooms available?

Yes. Handicap portable toilets will be available on the festival site. Additional restrooms are available inside the Student Union building.

Is First Aid on site?

Your safety is our top priority. First Aid will be located in the main festival area.

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 while helping to raise awareness by using the hashtags *#Move4PD* or *#BeatParkinsons*.