



## MOVING DAY Fargo Event Details

### Activities Schedule

Time	
9:00 a.m.	Registration, Refreshments, Kid's Zone, Resource Tent and Movement Pavilion open
10:00 a.m.	Opening Ceremony and Warm-Up for the Walk
11:00 a.m.	Closing Ceremony, Top Team & Individual Award Presentation
12:00 p.m.	Close of event – See you next year!

### Movement Pavilion Schedule

Scheduled Start Time	Movement Pavilion Activity
9:15 a.m.	Rock Steady Boxing – TNT Fitness
10:30 a.m.	Nordic Walking
11:15 a.m.	PWR Seated Exercises – Caring Edge

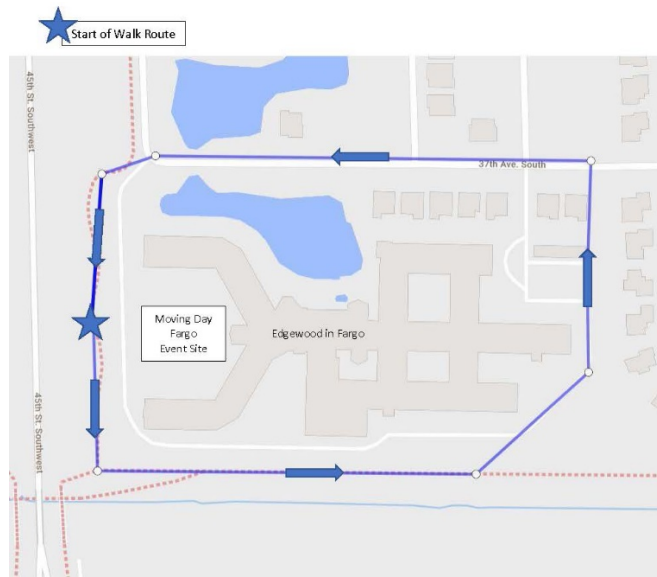
**Registration:** To register online for Moving Day Fargo, go to [www.movingdayfargo.org](http://www.movingdayfargo.org). You can register in person at the Registration Tent on walk day. We strongly encourage everyone to register pre-event. There is no registration fee; however, we encourage all participants 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.

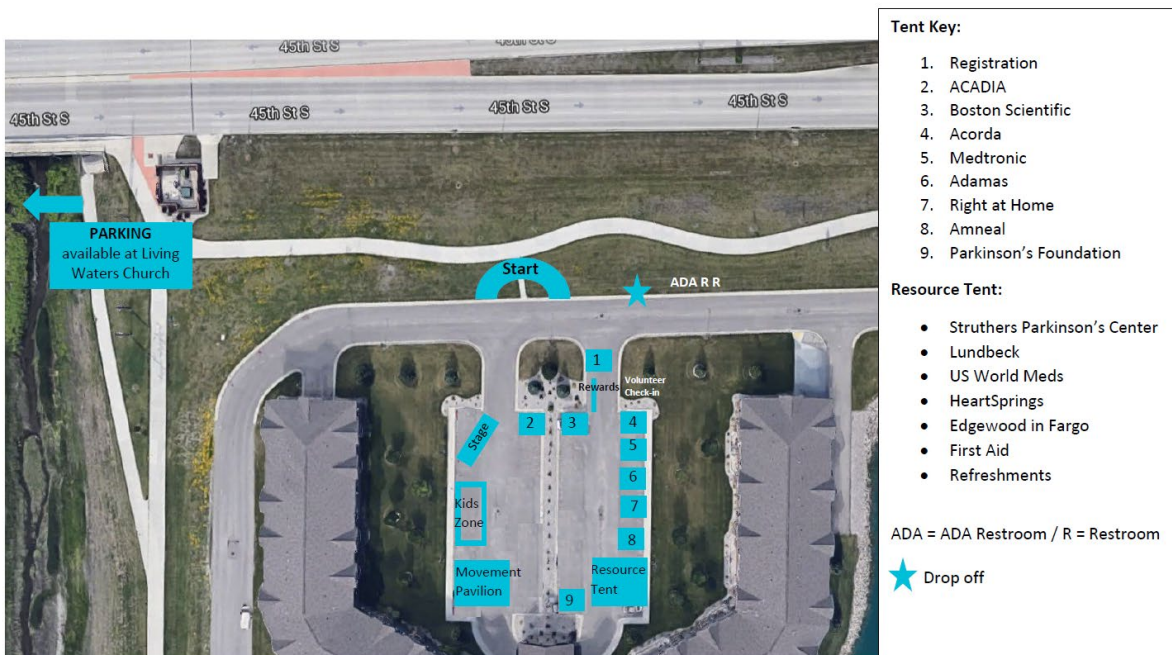
**Directions:** The event is located at Edgewood in Fargo (4420 37<sup>th</sup> Avenue South) in Fargo. [Click here for Google Maps driving directions.](#)

**Parking:** Free parking is available at Living Waters Lutheran Church (4451 40<sup>th</sup> Ave S). Drop-off is located at the entrance of Edgewood in Fargo accessible from 37<sup>th</sup> Avenue South.

**Walk Route:** The Moving Day walk is for participants of all ages and all abilities. Venture out on the path with us for a half-mile walk. The walk is not timed, but be sure to join us for the closing ceremony at approximately 11:00 a.m.



**Site Map:**



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

Learn more from our partners! Be sure to visit event partners who provide important information and resources to live well with Parkinson's. Exhibits will be open from 9:00 a.m. – 11:30 a.m. This year's partners include:

- ACADIA
- Acorda
- Adamas
- Amneal
- Boston Scientific
- Edgewood in Fargo
- HeartSprings
- Lundbeck
- Medtronic

- Right at Home
- US World Meds

Additional areas to visit at the walk include:

- **Parkinson's Foundation Mission Tent** – Learn about all the free resources, educational materials, programs, and training available from the Parkinson's Foundation. Visit the Parkinson's Connection Station to get free beads that you can wear to show your connection to Parkinson's disease.
- **The Main Stage** – Home of the Opening and Closing Ceremonies.
- **Movement Pavilion** – Get moving with our Move partners! Here's an opportunity for everyone to try out many Parkinson's-friendly exercises led by trained professionals.
- **Kid's Zone** – Activities for kids including games and temporary tattoos (tattoos available at the Parkinson's Foundation tent).

**ADA Restrooms:** Yes, ADA restrooms are available on-site.

**Top Fundraiser Breakfast:** All participants that have raised \$500 or more and our #1 VIP team are invited to visit the rewards table to enjoy your VIP breakfast. Your Moving Day Staff partner will provide additional details soon.

**Refreshments:** Healthy snacks and water will be available at the Resource Tent.

**First Aid:** First Aid will be located at the Resource tent.

**Dogs:** For the safety of our participants, dogs are not allowed at Moving Day.

**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 Minnesota Chapter

Attn: Moving Day Fargo

8085 Wayzata Blvd, Suite 100

Golden Valley, MN 55426

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.