

# IMPORTANT VIRTUAL EVENT DETAILS



## MOVING DAY – VIRTUAL WALK

Date: Saturday, May 9, 2020

Time: 1 pm Eastern/ 10 am Pacific

### How to Join



[Watch on Facebook](#)



[Watch on YouTube](#)



[Watch on MovingDayWalk.org](#)

### How to Prepare

- Share this information with family and friends that will be moving with you!
- Find a Moving Day shirt to wear during the event. Don't have one? Find a shirt similar to the color of the Moving Day logo – that will work too!
- Print [this sign](#) and write the name of the person you are moving for and hang it up, so you remember your reason for joining together for Moving Day.
- Schedule a virtual tailgating party via Zoom or Skype with your team, or just have a call with someone ahead of the event. Have a virtual breakfast or lunch together to celebrate Moving Day and your accomplishments as a team.

### How to Participate

Grab your exercise shoes, water, towel and a chair and get ready to take part in virtual exercise sessions for people of all ages and abilities. In between the exercise sessions, we'll be sharing emotional and inspiring stories from people living with Parkinson's, loving people with Parkinson's and who work tirelessly to beat Parkinson's.

### It's Not Too Late to Fundraise

Parkinson's disease continues to affect thousands of people around the world every day, and we need your support today more than ever. Let's rally together virtually to continue to fight Parkinson's. Here's how:

- If you haven't already done so, please make a personal donation.
- Supercharge your fundraising by starting a [Facebook fundraiser](#). Go to your Moving Day Participant Center and take a few easy steps to get started. All the money you raise on Facebook will automatically be counted toward your personal fundraising goal.
- Download the [Parkinson's Moving Day mobile app](#). It's an easy way to not only accept donations but also send texts, emails and social media posts asking for support.
- All registered participants that raise \$100 or more by June 30 will receive an exclusive Moving Day T-shirt. Click [here](#) to learn more about additional Moving Day Rewards. Your local Parkinson's Foundation staff member will follow up with you about how to obtain your rewards after June 30.

For more information, go to [MovingDayWalk.org](#) or send an email to [MovingDay@Parkinson.org](mailto:MovingDay@Parkinson.org).

#### NATIONAL PARTNERS

