



Phone: _____

Moving Day Bingo!



**To get YOU in the Moving Day Spirit,
here is a fun, new challenge!**
**For every row you complete (vertical, horizontal, or
diagonal) you will be entered into a drawing for a
surprise Moving Day gift basket! Winner selected
October 18, 2020**

- BINGO Challenge is from October 10, 2020 – October 17, 2020
- Mark off the boxes as you complete challenges.
- “Blackout” the entire sheet (complete ALL of the challenges) to earn a Moving Day Mask!
- Just snap a picture of the sheet on your phone, then email, text, or mail it in by November 8, 2020 to qualify.
 - **Email to:** shirleyblackorby@gmail.com
 - **Text:** 1-919-244-3739
 - **Mail:** Shirley Blackorby, 1303 English Cottage Lane
Cary, NC 27518

Moving Day NC Triangle Virtual Walk
*We promise to empower, engage, and
educate everyone about local resources,
exercises, and share inspiring stories!*

Saturday, November 7, 2020
12 noon – 1:30pm

Move and Be Moved!!





Name: _____

Phone: _____

Visit www.MovingDayNCTriangle.org or email Diana Parish at dparish@parkinson.org for more information.

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| <p>Raised \$100 for Moving Day earning you a 2020 Moving Day t-shirt</p> | <p>Downloaded the <u>Moving Day App</u></p> | <p>Engaged with a PD Health @ Home <u>Fitness Friday Video</u></p> | <p>Learned about Caring and Coping by visiting <u>Caring and Coping Link</u></p> | <p>Visited MD NC Triangle Sponsor Page movingdaynctriangle.org</p> |
| <p>Exercised 3 Days in a Row for 30-minutes</p> | <p>Made a personal donation to Moving Day</p> | <p>Participated in October 15, 2020 <u>'Empower Hour'</u></p> | <p>Sent Diana (dparish@parkinson.org) a picture and story to post on Facebook</p> | <p>Called 3 People: Invited them to Donate and Virtually Attend Moving Day</p> |
| <p>Sent Diana a 30 second Video <i>(How Parkinson's has Affected You or Why You Love Moving Day)</i></p> | <p>Got a Donation of At Least \$25 for Moving Day</p> | <p><u>REGISTERED</u> for Moving Day!</p> | <p>"Liked" <u>Parkinson's Foundation Carolinas Chapter</u> Facebook page</p> | <p>Learned about the Newly Diagnosed Kit by visiting Click here for Newly Diagnosed Info</p> |
| <p>"Liked" a Carolina's Chapter Facebook post</p> | <p>Started a <u>Facebook Fundraiser</u> for Moving Day</p> | <p>Learned about Aware in Care Kit by visiting Click here for info on Aware in Care</p> | <p>Exercised with a Friend <i>(Online or Safely In-Person)</i></p> | <p>Took a picture with me and someone with Parkinson's</p> |
| <p>Sent Out 5 Messages from your <u>Participant Center</u></p> | <p>Took a Walk Outside</p> | <p>Looked up the 10 Early Signs of Parkinson's at <u>10 Early Signs of PD</u></p> | <p>Got 5 Friends or Family to register and join MY Team</p> | <p>Raised \$250 for Moving Day</p> |