



Moving Day Boston 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 \$250 gift card from our friends at Oru Kayak!

- Mark off the boxes as you complete challenges.
- You receive 1 free box – make sure you mark it off as “Free!”
- The more rows you complete, the more chances you receive!
- Just snap a picture of the sheet on your phone, then email or text it in by midnight October 5th to qualify.
 - **Email:** scheung@parkinson.org
 - **Text:** 617.657.0788

Moving Day Boston Virtual Walk

ALL ARE WELCOME!

Saturday, October 3, 2020

[Facebook.com/PFNewEngland](https://www.facebook.com/PFNewEngland)

MovingDayBoston.org





Parkinson's Foundation

New England



<p>Raise \$100 for Moving Day</p>	<p>Download the <u>Moving Day App</u></p>	<p>Engage with a PD Health @ Home <u>Fitness Friday Video</u></p>	<p>Invite 5 Friends or Family to Join Your Team</p>	<p>Learn about a <u>Moving Day Sponsor</u> by clicking in the Exhibit Hall</p>
<p>Exercise 3 Days in a Row</p>	<p>Make a <u>Donation</u> to another Moving Day Walker</p>	<p>Take Part in a Special Weekly Moving Day Challenge <i>(Look Out for an Email)</i></p>	<p>Send Us a Picture of You or your Team Getting Ready for Moving Day</p>	<p>Call 3 People: Invite them to Donate and Virtually Attend Moving Day</p>
<p>Send Us a 30s Video <i>(How Parkinson's has Affected You or Why You Love Moving Day)</i></p>	<p>Get a Donation of At Least \$25 for Moving Day</p>	<p><u>Register</u> for Moving Day!</p>	<p>"Like" our <u>New England Chapter Facebook Page</u></p>	<p>Try a New Exercise You Have Never Done Before</p>
<p>"Like" a New England Chapter <u>Social Media Post</u></p>	<p>Start a <u>Facebook Fundraiser</u></p>	<p>Get 5 Donations for Moving Day (of any size)</p>	<p>Exercise with a Friend <i>(Online, By Phone, or Safely In-Person)</i></p>	<p>Attend a Virtual <u>Parkinson's Foundation Event</u></p>
<p>Send Out 5 Messages from your <u>Participant Center</u></p>	<p>Take a Walk Outside</p>	<p>Check Out the Moving Day <u>Virtual Exhibit Hall</u></p>	<p>Read One of Our Inspiring <u>"My PD Stories"</u></p>	<p>Raise \$250 for <u>Moving Day</u></p>