

# Moving Day

## First Time Participants

Are you a new Moving Day participant or Team Captain? Is this your first time participating in a walk event? Congratulations on taking the first step! You're now a part of the biggest signature event for the Parkinson's Foundation helping to improve the lives of those impacted by Parkinson's disease, striving to find a cure and improve care. **Here's what to expect:**

### Before the Walk

Leading up to the walk is the time to **fundraise**, raise awareness and **recruit for your team!** Participants who raise \$100 or more will earn fundraising rewards. Recruit participants to join your team. Invite friends, family, coworkers and neighbors to walk and fundraise with you. Top fundraising teams will be recognized at the walk.

### Day of the Event

There's so much more to Moving Day than the walk! When you arrive, check in at the Registration tent where you can turn in donations and pick up your bib and your **Moving Day Passport**. Complete the passport challenge to be entered into a prize drawing by visiting all of the sponsor tables!

If you raised \$100 or more, swing by the **Rewards Tent** to pick up your t-shirt and any other fundraising reward items earned. Afterwards, visit the PF **Mission Table** to discover free resources available to those with PD and their caregivers.

Get warmed up by participating in one (or all!) of the **We Move exercise demos** prior to the walk! Then, grab your ribbon and head to the stage for the **We Move Ceremony**.

**Kick off your walk under the Moving Day arch!** Remember, it's not a race so walk at a pace comfortable for you and your team. Stick around after the walk for the passport drawing. Lastly, don't forget to snag a **team photo!**



### After the Event

After Moving Day, you can continue to fundraise for your team. You can upload any check donations through the Moving Day App or mail to:

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

Remember to thank your donors and teammates for supporting Moving Day!