

# MOVING DAY TAMPA BAY

## A Walk for Parkinson's

Saturday, April 6th, 2019 | University of South Florida

The Moving Day Walk is a fun and inspiring annual fundraising event hosted by the Parkinson's Foundation. Moving Day unites families, friends and communities in the fight against Parkinson's disease. Movement is the best thing that a Parkinson patient can do to manage their symptoms. This celebration of movement features a family friendly walk course and a special Movement Pavilion with yoga, dance, Tai Chi, Pilates and other activities proven to help manage Parkinson's symptoms.

## We Need Your Help!

*We need **more than 100 volunteers** to help in such areas as registration, refreshments, greeters/cheerers, and set-up/clean-up. A complete list of all the volunteer jobs, along with a description of the job and time required, can be found at*

<https://parkinsonsfoundation8.volunteerlocal.com/volunteer/?id=33317>

*To volunteer, just go to the link above, check the job you'd like to volunteer for, fill in the requested information, then click the "Sign up to Volunteer" button. You should get a confirmation email immediately.*

### Other ways to help

If you can't volunteer but would like to participate in the walk or donate to the Parkinson's Foundation, visit <https://movingdaytampabay.org>

### For questions or more information

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