

Moving Day[®] Nashville

2017 Event Details

Saturday, June 3rd, Edwin Warner Park, Pavilion 11, Nashville, TN

9 a.m. – noon

TO REGISTER: www.movingdaynashville.org

WALKER PACKET

What to Bring:

- Friends, family members, coworkers and supporters to join you for the event. To expedite the check-in process, make sure people register at www.movingdaynashville.org. Day-of registration is also available.
- **REGISTRATION** If you have registered online and don't have money to turn in, simply join in on the fun!
 - *If you have raised over \$100 you will need to stop by the t-shirt tent*
- **DONATION MONEY** Any donations that you have received can be turned in on walk day. Please be sure checks are made out to "The National Parkinson Foundation or NPF" We will have official NPF staff onsite collecting donations. (Make sure you raise \$100 or more before the event or bring the donations with you to the event to collect your special Moving Day[®] t-shirt! All other incentive prizes will be sent out after the event.)
- **ATTIRE** Walking shoes and a smile. Appropriate gear for the weather. Moving Day[®] is rain or shine so please dress appropriately!
- **TEAM SPIRIT.** You and your teammates can make your own team shirts, signs, etc. to show your Moving Day[®] spirit!
- **PRIZES** - there will be prizes for the best team t-shirt, highest fundraising team, highest individual fundraiser, Individual with the most donations, largest team, and largest sponsorship team.
- **PARKING** -Pavilion 9, 10, and 11 parking lots as well as along the road. There is handicap parking in each of these lots as well. There will be golf carts to pick up walkers around the area.
- **DOGS**- Dogs are welcome to join us for this fun
- **TSHIRTS**- If you have raised \$100 make sure to stop by the tshirt table right next to registration.
- **STROLLERS/HANDICAP**- This venue is fully accessible.
- **QUESTIONS**- Contact Kristin Trulock at ktulock@parkinson.org or 501-590-8948

ACTIVITIES

- **Kid zone**- temporary tattoos, face painting, mobile video game theater, and more!
- **Wall of Hope**- leave a message
- **Mission Tent**-Learn how the Parkinson's Foundation is helping families around the community, and sign up for free educational materials and more.
- **Connection Beads**-Visit the bead table in the mission tent? to pick up beads to show your connection with Parkinson's Disease
- **Movement Pavilion**- come participate in all of our PD friendly movement classes. All are encouraged to participate.
- **Resource tent**- stop by for free goodies and to learn resources that are available in your community for PD patients.
- **Sponsors/Vendors**- Abbvie, Vanderbilt, Lundbeck, Vaco, , Acadia, and Peterson for Parkinson's, Right at Home? GE.
- **MC**-Alexandra Koehn from Channel 5.

EVENT DETAILS

Date: Saturday, June 3, 2017

Location: Edwin Warner Park
50 Vaughn Rd, Nashville, TN 37221

Website: www.movingdaynashville.org

Primary Contact: Kristin Trulock

EMAIL: ktrulock@parkinson.org

PHONE: 501-5908948

ADDRESS/PARKING

Edwin Warner Park - picnic shelters 9, 10 & 11
50 Vaughn Rd
Nashville, TN 37221

As one Nashville's signature landmarks, Edwin Warner Park is easy to find and easy to access 16 miles from Downtown.

From Downtown Nashville

Take i-40 West toward Memphis. Take exit 199 toward Old Hickory Blvd. Take a left onto Old Hickory Blvd TN-100 E for 3.8 miles. Take a right onto Vaughn Rd. ½ mile down Vaughn you will see entrance to Edwin Warner Park. Follow that road all the way to back of park for pavilions 9, 10 & 11.

From Murfreesboro - 1 hour

Take I-24 west toward Nashville, take exit 59 for TN-254, head west for 14 miles, turn left onto Vaughn Rd, ½ mile up look for park entrance to Edwin Warner Park. Follow that road all the way to back of park for pavilions 9, 10 & 11.

QUESTIONS?

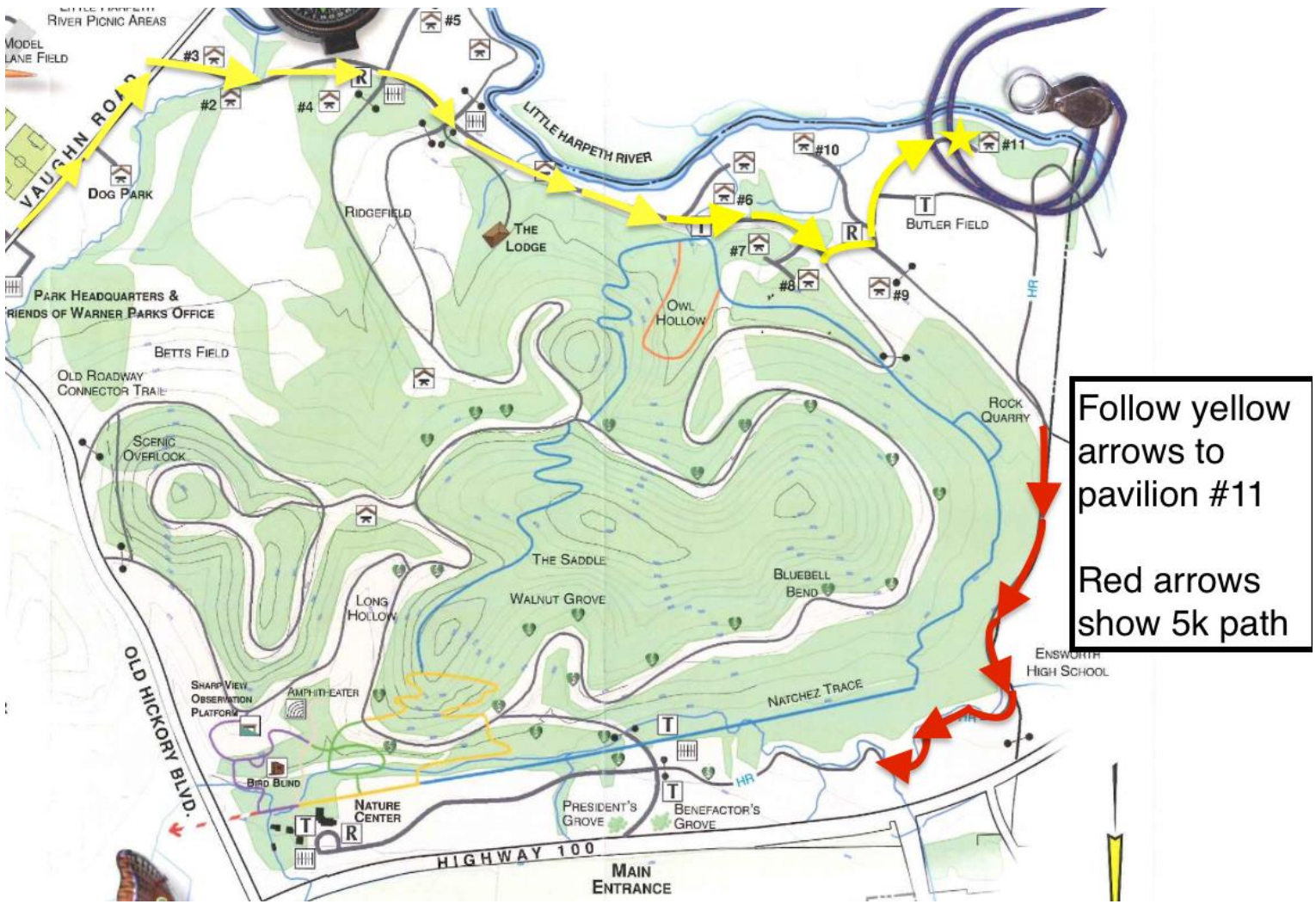
For updated event information, please visit our website at www.movingdaynashville.org. Please direct all questions to Kristin Trulock at 501-590-8948 or ktrulock@parkinson.org. Thank you for all that you do!



EVENT SCHEDULE

- 9:00 a.m. Registration Opens
Movement Pavilion Activities Begin
Sponsor Tents Open
Resource Pavilion Opens
Kid Zone Opens
- 10:30 a.m. Opening Ceremony
- 10:45 a.m. Ribbon Cutting and Walk Start
- 12:00 p.m. Event Closes

WALK ROUTE MAP



VENUE MAP

