



# VOLUNTEER AT MOVING DAY COLUMBUS



## MOVING DAY COLUMBUS SUNDAY, SEPTEMBER 9, 2018 MAPFRE STADIUM

Volunteer at the Moving Day a walk for Parkinson’s Disease, 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. This celebration of movement features a family friendly walk course, a kids’ area, a caregivers’ relaxation tent and a special Movement Pavilion with yoga, dance, Tai Chi, Pilates and other activities—all proven to help manage Parkinson’s symptoms.

To volunteer, complete the form below and email it to Katherine Benalcazar at [kbenalcazar@danburyseniorliving.com](mailto:kbenalcazar@danburyseniorliving.com)

**Registration:** Help register participants at the event. Requires pre-event training.

**Refreshments:** Set up and distribute refreshments to all participants.

**Route:** Direct walkers to stay on the route. Duties may include traffic control.

**Water Stations:** Distribute water to walkers along the walk route.

**Volunteer Check-In:** Sign in and direct volunteers to their volunteer area.

**Greeters/Cheerers:** Greet walkers and lead them to the registration area. Cheer on walkers as they start and end the walk.

**Movement Pavilion:** Assist participants that are taking part in exercise demonstrations.

**Set-up/Clean-up:** May involve heavy lifting, moving and loading walk supplies.

**Can’t make it to the walk, but still want to help? Here are two great ways:**

**Flyer Distribution:** Help spread the word by distributing Moving Day flyers and in your neighborhood.

**Administrative Support:** Help recruit new volunteers, coordinate the walk materials and contact past participants by phone and email.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Are you 18 or over?  Yes  No

Are you volunteering as part of a company/group?

Yes  No If yes, which one? \_\_\_\_\_

Have you volunteered for Moving Day before?

Yes  No If yes, how so? \_\_\_\_\_

Select three volunteer interests; we’ll try to accommodate.

- Registration
- Refreshments
- Route
- Water Stations
- Volunteer Check-In
- Greeters/Cheerers
- Movement Pavilion
- Setup/Cleanup
- Flyer Distribution
- Administrative Support

**Thank you for your interest in volunteering for Moving Day!**

