

## LET'S MOVE FOR PARKINSON

### WILL YOU HELP FIND A CURE?



In May, the Demoucelle Parkinson Charity and Stop Parkinson are encouraging as many people as possible to be active and set their own personal exercise challenge: **to complete a virtual route around Belgium and raise funds to find a cure for Parkinson's Disease.**

**Will you walk or run to raise funds for research and show support for those with Parkinson's that you know: your father, neighbour or friend? Or, will you take part for your own, and your children's, future brain health?**

**DATES:** Between Thursday, May 13<sup>th</sup> (Ascension) to Sunday, May 30<sup>th</sup> (Trinity)

**TIMING:** You can select one of six daily 'departure waves' and join the virtual route around Belgium at a time that is convenient to you, or to your friends and colleagues with whom you wish to feel connected (or compete against).

#### PERSONAL CHALLENGES:

- Walk – 1km, 5kms, or 10kms
- Run – 5kms, 10kms, or 20kms

#### WHAT TO DO NEXT:

- Register for the event anytime between World Parkinson Day on April 11<sup>th</sup> and May 30<sup>th</sup>.  
<https://www.letsmove.com/fr/event/let-s-move-for-parkinson>
- Donate as much as you can. (Minimum 10 euros).
- Ask friends and family to motivate you during your challenge with personal messages that they can easily record beforehand via a dedicated link.
- Create your own personal online fundraising page at <http://bit.ly/iraisersports> and encourage others to support Parkinson's research in your name.
- On the day itself, log in to the *My Trace* app, join your 'wave' and set off on time!
- Have fun listening to the special messages that have been recorded for you, the Spotify playlist created for you, and feeling connected to a community of people for whom Parkinson's is also personal.
- Share your digital medal and inspire others to set their own personal challenge!

