INVITATION

Our updated website offers new choices to make your experience easier and more fun.

www.KingdorParkinson.org

REGISTRATION

You can:

- Create your own personal donation page
- Invite family, friends & co-workers to view page
- Set a fundraising goal and track your online donations
- Use the Friends Asking Friends" feature to raise money through e-mail
- Register your team and set a team goal.

Volunteers Needed! New and Returning Volunteers are encouraged to get involved.

PLEDGE FORM

You can help us reach our goal by collecting donations from family and friends for the Optional Pledge Programme. Participants can win special prizes.

Name:	
Address:	
Telephone:	
E-mail:	
Contributor's Name	Amount
	\$
	\$
	\$
	_

Win these terrific awards when you collect pledges in the amount of :-

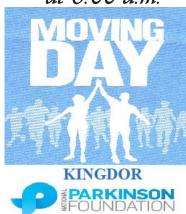
\$100	Kingdor Tote Bag
\$250/\$499—	Luggage
\$500 Up —-	Athletic Shoes

GRAND PRIZE DRAWING

One round-trip ticket good for air transportation on Bahamasair to any destination in The Bahamas or Florida

Contributor's Name	Amount
	\$
	\$
	\$
	\$
	\$
	Ф

Saturday 6th April, 2013 Montague Seach Rark at 6:00 a.m.



WALK-RUN-CYCLE-SWIM

Pilates: Tai Chi, Zumba. Therapeutic Exercises. Boxing and much more fun and exciting activities

www.kingdorparkinson.org www.facebook.com kingdorpnationalparkinsonfoundation.org Telephone: (242) 326-5291 (office) 324-0778/324-1531 445-9063/393-2515

TRAIL FOR WALK/RUN **REGISTRATION FEE AWARD CATEGORIES** \$15.00 Male & Female Commencing: Montague Beach Park East Bay Street 7-12 years Freebies: T-shirt. Water. Shirley Street 13-18 years Snacks and an opportunity win Church Street 19-26 years prizes, New Bridge 27-38 years including an airline ticket. The Old Bridge 39-49 years East Bay Street 50-59 years T-Shirt Sizes Concluding: Montague Beach Park 60 years and older S. M. L. XL. 2X. 3X **OFFICIAL REGISTRATION FORM** Name: _____ Address: _____ P. O. Box: Telephone: —— E-mail Address: Sex: Male () Female () SELECT EVENT - CYCLE () RUN () Walk () 1 MILE FUN WALK () MEDICAL CONDITION: Excellent () Very Good () Fair () Poor () Parents must sign for applicants under the age of 18 I certify that I am physically fit to participate in this Cycle/Run/Walk 6.5 miles Fun Run Competition held on this day, April 6, 2013. I waive any claim for damage against Kingdor Parkinson Foundation for injuries which might occur during this event. Signature: _____ Date: ____

ABOUT THE MOVING DAY

Moving Day is a new campaign created to raise awareness and funds through annual fundraising walks, runs and cycles. There would also be a "Movement Pavilion" with stations such as Pilates, Tai chi, yoga, dance and much more. Studies show that movement is one of the most beneficial ways to help manage the symptoms of Parkinson Disease, improving flexibility, strength and mobility. Vigorous exercise such as biking and running has been shown to potentially delay the progression.

WHERE DOES YOUR MONEY GO?

Proceeds from these events will go toward sensitizing and educating the populace, empowering them to care for themselves and their loved ones; supporting local services and granting assistance for research, thus ensuring that parkinsonians receive the best treatment possible.

The National Parkinson
Foundation grants assistance for
research, which is being
conducted worldwide.