

PAUSE 4 PARKINSON'S

FUND RAISING TIPS →

Don't forget to share your event photos
on social media using the hashtag

#Pause4Parkinsons

If you need any help along the way,
please get in touch with Isobel our Events Manager
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Partnered with
The Michael J. Fox Foundation
for Parkinson's Research

SET THE DATE!

World Parkinson's Day is on Thursday 11 April and we are asking you to gather your friends, family members and colleagues to Pause 4 Parkinson's and raise funds for Parkinson's research. Pick any time in April for your event! Host a morning tea, lunch, drinks, a golf day, a sausage sizzle! **Make it fun and include fundraising.**

PLAN YOUR EVENT

You can go as over the top as you like with decorations and theming or just keep it simple. Feel free to download our free printables, posters and quotes [here](#) to decorate your event. We have a range of new printables including bunting, cupcake toppers, and so much more. You can also show videos from our Ambassadors, Founder and CEO at your event too!

FUNDRAISING

- Encourage your friends and colleagues to dig deep
- Promote your event on your company intranet, through the staff newsletter or on Facebook and email.
- Consider setting an entry fee eg. a gold coin donation or do a raffle.
- You could even ask your company to dollar match donations made on the day.
- If you or your business can cater, great! Alternatively make it interesting and ask your guests to bake something special and share.
- Use our flyers and posters to give your guests more information on Parkinson's and what the day means to you.