



## MoveIt! Walk 2019

### Agenda

- 8:30 - 9:30 Check-in

**\*\*Be sure to visit resource/vendor tables, kids' area, massage area, raffle table\*\***

- 9:30 - 9:50 Rock Steady Boxing Demo with Nikki Shaffer, RSB Grand Strand

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- 9:50 - 10:05 Pre-Walk Breathing/Stretching with Susan Ward, yoga instructor
- 10:10 - 10:15 Welcome and Announcements
- 10:15 - 11:15 MoveIt! Walk

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- 11:10 Awards announced: *Top Individual Fundraiser, Team Captain With Most Walkers and Team Spirit*
- 11:20 Raffle and 50/50 drawings (***must be in attendance to win***)
- 11:45 Closing Remarks