

**We are inviting you to support
Punching for Parkinson's 2020.**

- \$500, you can have your own round. For example, the "Acme Products Round".
- \$750, your company can have its name and logo displayed over a punching bag.
- \$1,000, your company can have an exhibitor table at the event, as well as logo can be on the header of **PunchingforParkinsons.com** and on all program literature. All donations are made through our website.

All sponsors will have their logo featured on our Punching For Parkinson's T-Shirts.

Any donation or support (certificates, door prizes, coupons) will help fellow Tennesseans fight Parkinson's. The deadline for sponsorship is Friday, April 3rd.



All of the donations from Punching for Parkinson's will be used to improve the quality of life for local people fighting Parkinson's. It will fund exercise programs, transportation, in-home care, home modifications, medical equipment, exercise equipment, physical therapy, and research programs.



Our Event is Saturday, May 2nd

1:00pm-3:00pm

Title Boxing Club

134 N. Peters Rd | Knoxville, TN 37923

CONTACT

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PunchingForParkinsons.com



Boxers and spectators will gather at **TITLE Boxing Club on May 2nd at 1pm** to hit their punching bag as many times as possible in one minute. **Music. Cheering. Fighting. Cookies.** It is a fun, exciting and inspiring event!



HOW TO HELP

FIGHT!

Register to throw the punches. Go to **PunchingForParkinsons.com** and register to box. From there, reach out far and wide for pledges and donations. We have example social media posts and e-mail messages. Pull no punches! Ask everyone you know. Be the boxer that raises the most money. Everything is online so you don't have to go door-to-door or hang out in front of a grocery store with a bell. But you can if you want.

GIVE!

Support a boxer or just give a few bucks. Any amount will help. Just like in boxing, you can't win with just one big swing. It takes hundreds of little ones to lead up to the win. Give what you can. It all makes a difference. Go to **PunchingForParkinsons.com** and sign up to give. Donations are online so you don't have to write any checks or make change if you don't want to.

SPONSOR!

Get in on the VIP level! You can sponsor a punching bag, a round of boxing or the whole thing. You even can set up a table at the event if you want. Get your name known as a patron of the fight against Parkinson's in East Tennessee. Go to **PunchingForParkinsons.com** for details. It is all tax-deductible.

VOLUNTEER!

We always can use some help at the event check-in boxers, counting punches, handing out t-shirts and whip the crowd into a frenzy.



Why Punching for Parkinson's is awesome.

Quick and easy.

It literally only takes one minute!

All donations can be handled online.

Cash and check not necessary. Click and done. Reach out to all of your friends across the globe. If they can get the internet, they can give. Of course, you can take "manual" donations and turn them in at the event. The "interwebs" isn't for everyone!

Any amount helps.

There is no minimum. \$5 or \$5,000. Every cent goes to help people with Parkinson's improve the quality of their lives.

Right Here. Right Now.

All the donations stay local to help local people with Parkinson's. We don't send it off to some big name in the sky. You are helping your neighbors live a better life.

You can wear sweatpants and a t-shirt.

This is a fight. Show up ready to beat the stuffing out of your punching bag and then eat some cookies. We are here to fight Parkinson's.