

# 10.10.10 pushup challenge



Uniting to raise \$100 million to find a cure for Parkinson's, support and educate caregivers, improve quality of life and ensure continuity of care. Take the challenge today!

**DO 10**

Do 10 pushups and share video or pic on social media using [#my101010](#).  
Get creative and have fun!

**TAG 10**

Tag 10 friends to take the Pushup Challenge today.

**GIVE 10**

Give \$10 today for the cause at [my101010.org](#)

## Our Sponsors

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Take the 10.10.10 Pushup Challenge, have fun and improve your health.

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# Where The Money Goes



**The Michael J. Fox Foundation** is dedicated to finding a cure for Parkinson's disease through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today.



**The Parkinson's Foundation** makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience, and passion of our global Parkinson's community.



**Caregiving 101** is dedicated to improving the quality of life of caregivers and those they care for. Through their television and video tips, educational programs, and free membership website Caregiving 101 works tirelessly to help those living with Parkinson's today and their caregivers.



**Relias Academy** is part of Relias, one of the largest online healthcare education companies in the world. With thousands of corporate, not for profit agency and government customers and millions individual users, Relias delivered over 19 million health care education courses through their online platform and offices around the world.



**Seniorlink** builds care collaboration solutions that combine human touch and technology to integrate and activate the entire care team, including case managers, care providers, family caregivers, and patients, resulting in high-quality, person-centered care and improved outcomes at a lower cost.



**The Brian Grant Foundation** provides tools to improve the well being of people with Parkinson's. BGF's programs focus on exercise and nutrition to help people with Parkinson's manage their symptoms, improve their overall health and prevent other serious illnesses.



**Parkinson's Queensland** provides information, education, encouragement and support to people living with Parkinson's disease, their families and carers. The organisation works to create better awareness about the disease among health professionals and community works as well as the general public.



**The Parkinson Association of the Carolinas ("PAC")** is a regional organization that serves as a resource for individuals and their families who are affected by Parkinson's disease in North and South Carolina. PAC seeks to empower these individuals and families, as well as the Parkinson's healthcare community, through education, outreach and direct support.



**The Cutler Foundation** was founded by the family of Keith Cutler during his courageous 14-year journey with Parkinson's. We help raise funding for the local, national and worldwide organizations who have partnered with us and focus on research for a cure; providing caregiver support; providing tools and resources to caregivers to improve quality of life; and providing education to family and professional care providers.

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