

# MEET & MOVE

A walking buddy program just for caregivers.

## *Frequently Asked Questions*

### **How does the Meet and Move Program work?**

Weekly walks, monthly speakers and group activities are scheduled in a location near you. You have the opportunity to connect with other family caregivers, receive notifications about events and walks, and share caregiver resources.

### **What do I need to do in order to register?**

In order to register, you need to attend an orientation (all upcoming orientations are available on the website at [meetandmove.org](http://meetandmove.org)) or speak to the Project Coordinator, Cyndi Mariner at (650) 934-3556 or by email [meetandmove@linkages.org](mailto:meetandmove@linkages.org).

### **Are there geographical restrictions on who can join?**

Scheduled walks and group activities are primarily in the Peninsula/South Bay and Santa Cruz. If you work or live near the area, you are welcome to join!

### **I am not a patient of either Palo Alto Medical Foundation or El Camino Hospital. Can I still participate?**

Yes. Participation is not limited to patients of El Camino Hospital or Palo Alto Medical Foundation. It is open to all members of the community.

### **Do I need to live with the family member or friend that I take care of in order to participate?**

No. As long as you are a family caregiver on a part-time or full-time basis, you are welcome to participate. Current participants provide all levels of care for their loved ones.

### **Do I have to join the scheduled weekly walks in order to be part of the program?**

No, you are not required to join scheduled weekly walks. We do encourage you to take part in the walks to enjoy the social connectedness and physical fitness. Those who participate in walks always express how beneficial it is to them, and other participants. You also have the ability to attend monthly speaker seminars, monthly social events, and connect with other family caregivers participants.

If you have additional questions please feel free to contact Cyndi Mariner, Meet and Move Program Coordinator, by email: [meetandmove@linkages.org](mailto:meetandmove@linkages.org) or phone: 650-934.3556.