

Moving with the PAC

How to Download and Share Your Moving with the PAC Challenge Achievement Badges



Congratulations on completing a milestone in the Moving with the PAC Challenge! You can celebrate your accomplishment by downloading your Achievement Badge from our [Moving with the PAC Challenge webpage](#) and sharing it on Facebook or Instagram. Follow these simple steps:

Step 1: Download Your Achievement Badges

1. [Click this link](#) to open the Moving with the PAC Challenge webpage.
2. On the page, you'll find a link to download a ZIP file containing all of the achievement badge graphics. *"Click here to access our Moving with the PAC Challenge resources".*
3. Click on the "Click here" hyperlink to download the ZIP file. The ZIP file will save to your computer or device.
4. You can usually find it in your Downloads folder.
5. Once downloaded, open (or double-click) the ZIP file to view the individual badge images. From there, choose the badge you'd like to share and download it to your device.

Tip: On a phone or tablet, tap the ZIP file after downloading to open it. Your device will automatically show the images inside.

Step 2: Post Your Badge to Facebook

1. Open [Facebook](#) and log in.
2. Go to your profile or home page. Click on "What's on your mind?" or "Create Post."
3. Click the Photo/Video button.
4. Find the badge image in your Downloads folder or camera roll and select it.
5. Add a message if you like, for example:
 - *"I completed my monthly goal in the Moving with the PAC Challenge! #MovingwiththePAC"*
6. Click Post to share your achievement with your friends and the PAC community.

Tip: You can also tag @ParkinsonAssociation and use the hashtag #MovingwiththePAC so PAC can see and celebrate your accomplishment!

Step 3: Post Your Badge to Instagram

1. Open the Instagram app on your phone and log in.
2. Tap the "+" icon at the bottom of the screen.
3. Choose Post, then select the badge image from your camera roll or photo library.
4. Tap Next and add a caption, for example:
 - *"I completed my monthly goal in the Moving with the PAC Challenge! #MovingwiththePAC @ParkinsonsCarolinas"*
5. Tap Share to post your badge to Instagram.

Tip: You can also tag @ParkinsonsCarolinas and use the hashtag #MovingwiththePAC so PAC can see and celebrate your accomplishment!

Need Help?

If you have trouble downloading or posting your badge, you can:

- Call the PAC office at 980-245-2786
- Email us at pac@parkinsonassociation.org
- Ask a family member or friend to assist you