



Buddy Walk® Conference Schedule
March 4-5, 2023
Westin Hilton Island Resort and Spa
2 Grasslawn Ave. Hilton Head Island, SC 29928

Saturday, March 4

6:00PM – 8:00PM

Reception/Networking - Location TBA

Sunday, March 5

8:00AM – 9:00AM

Breakfast – Danner W

9:00AM – 9:15AM

Opening Remarks – Danner E

Kandi Pickard, NDSS President & CEO

Misty Adams, Manager of Community Events

9:15AM – 9:30AM

Introductions

Kandi Pickard, NDSS President & CEO

Misty Adams, Manager of Community Events

9:30 - 11:45AM

Keynote Speaker and interactive Q&A

Marisa Hull, Vice President, Bike MS at National Multiple Sclerosis Society – 15 min morning break 10:30am-10:45AM

11:45AM – 12:45PM

Lunch and Roundtable Discussions – Danner W

Topics: Incorporating self-advocates into your walk, volunteer recruitment/management, fundraising, sponsorships, team recruitment

12:45PM – 1:30PM

Utilizing Social Media Platforms for your Event

Michelle Sagan, NDSS Senior Manager of Communications

1:30PM-PM – 2:00PM

Best Practices in 5 minutes

Hear from walk organizers as they share best practices in 5 minutes – Julia Biest, Sheryl Arno, Meredith Peterson, Amanda Anderson

2:00PM – 2:45PM

Open Q & A

Marisa Hull, Vice President, Bike MS at National Multiple Sclerosis Society

2:45PM – 3:00PM

Closing Remarks

Kandi Pickard, NDSS President & CEO

Misty Adams, Manager of Community Events