

Flash Mob Fast Facts

Q: How do I get other people to join me?

A: Ask friends, family, co-workers, school peers, and send out an email blast or a Facebook notice to see who is interested. Use all the ways that you know how to communicate to invite people to join you.

Q: How do I choose a location?

A: Decide where you will be at 12:05 on October 24. If you will be in school, ask your teacher if your class can participate and film it, or if several students in different classes want to participate in your school, ask your teacher and principal or the proper person if you can assemble on a common area on the school grounds. If you need a letter of support, please e-mail joy@ncchurches.org or call 919-357-8625. If you will be at work, see if your co-workers want to take a lunch break at that time to participate.

Q: How do I get learn the dance?

A: The dance is set to Mary Mary's 'Go Get It' and the link to learn it will be [posted here](#) on September 24.

Q: How will I get the song on October 24th at 12:05?

A: This is where your local organizing skills will come in. Someone within your group will need to bring the song and a way to play it.

Q: How can I videotape it if I also want to dance?

A: I would suggest asking local media to attend the event as well. Or I would ask someone who is willing to film to be there. A camera or camera phone on a tripod would work as well.

Q: How do I register?

A: Contact Joy Williams at Joy@ncchurches.org or 919-357-8625 for more information on how to register. The basic information needed is your full name, where you will be participating, how many people are with you. There will be an official way to let people know that you are organizing an event in your local area. I encourage everyone to post it on the Food Day website under ['host an event' here](#).

Please consider joining the NC Food Day Flash Mob. For more information about registering, please contact Joy Williams at joy@ncchurches.org or [919-357-8625](tel:919-357-8625). And if you have not already signed a pledge to be healthier, please consider [doing so here](#).

–Joy Williams, PHW Regional Consultant

Partners in Health and Wholeness is an initiative of the NC Council of Churches. PHW aims to connect health as a faith issue. Please [visit our website](#) to sign your personal pledge to be healthier, and to find out about grant opportunities for churches.