



#HeartWalkNE

VIRTUAL Nebraska Heart & Stroke Walk - May 30, 2020

FAQ - Frequently Asked Questions

When is the Virtual Heart Walk? May 30, 2020

Where is the Virtual Heart Walk? Walk where you are! Do you have a favorite walking trail or one you would like to check out? This is a great opportunity to explore your neighborhood with your family and you can take the dogs.

How do I show that I'm participating? Share your photos and videos using the hashtag **#HeartWalkNE** on Facebook, Instagram and Twitter and follow us on those channels **@HeartNebraska**. We will have fun activities and challenges on these platforms so keep checking! Reach out to your AHA staff partner too, they can help answer questions!

Should I still register? Yes! When you register for Heart Walk, we have the ability to reach out to you and let you know about day-of activities!

Since the event is virtual, are you still fundraising? Yes, the American Heart Association is still raising funds to fight heart disease and stroke! Our survivors and their families are counting on us to continue with our mission. Fundraising through Heart Walk allows the AHA to quickly respond to the needs of the community – through this fundraising the AHA donated \$2.5 million to COVID-19 research.

Where can I send donations? If you have donations that you can't donate online, please send donations to your local AHA office: Attn: Heart Walk, 9900 Nicholas Street, Suite 200 Omaha, NE 68114

I'm a survivor! Survivor hats, pins and capes will be available after the Heart Walk. Please reach out to **OmahaHeartWalk@heart.org** with your requests.

Do I still get a t-shirt? Registered participants that raise more than \$100 are eligible to receive a Heart Walk t-shirt. Visit the Rewards Center in your dashboard for more information.

What if it rains? Heart Walk is rain or shine. Grab an umbrella and galoshes and enjoy spring weather in Nebraska.

How long/far should I walk? Traditionally, there is a one-mile route and three-mile route. Walk what suits you and don't forget to cheer yourself on!



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QUESTIONS?

OmahaHeartWalk@heart.org

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www.OmahaHeartWalk.com