



**#HeartWalkNE**

## VIRTUAL Nebraska Heart & Stroke Walk - May 30, 2020

### How to Join Our Virtual Walk

We're looking forward to lacing up with you and walking virtually as a community to build a world of longer, healthier lives free of heart diseases and stroke. While we won't physically gather Saturday, May 30, we want to see and hear your passion virtually!

Here are some ways YOU can #HeartWalkNE wherever you are:



**Start a TEAM and RAISE Lifesaving Dollars at OmahaHeartWalk.com**  
for research, health policies and community education.



**Update your Facebook Photo Frame**  
Look for our Facebook Photo Frames



**WALK in your Neighborhood & SHARE on Social Media via #HeartWalkNE**  
Jazz up your walk with family pics, chalk art messages, scavenger hunts etc.



**CONNECT with other Walkers and CELEBRATE the collective journey**  
Follow along on [Instagram](#), [Twitter](#) and [Facebook](#) @HeartNebraska



**CRO\$\$ the Finish Line Strong - Share WHERE you walk and how FAR you go**  
Track your distance with a mapping app and post a pic of your success



American Heart Association.  
**Heart Walk.**

Follow @HeartNebraska



**QUESTIONS?**

[OmahaHeartWalk@heart.org](mailto:OmahaHeartWalk@heart.org)

**[Click for FAQ](#)**

[www.OmahaHeartWalk.com](http://www.OmahaHeartWalk.com)



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### Ideas to Jazz Up Your Walk

We are hearing so many innovative ways Heart Walkers are planning to celebrate virtually! Here are some ways YOU can #HeartWalkNE wherever you are:



**Show Your TEAM SPIRIT and Post a Picture or Cheer with #HeartWalkNE**  
of you in your team T-Shirt or holding a sign with your team name.  
Tell us who you walk for. Show us your furry teammates!



**Share HEART ART with Sidewalk Chalk**  
Draw Start & Finish Lines or share Messages of Gratitude along the route.



**Do a SCAVENGER HUNT and share your photos**  
Find something for every letter of the alphabet.  
Look for items in nature or "heart" shapes.



**MAP Your Route and Distance**  
Find apps online and share where you are walking and how far you go.

### LOCAL SPONSORS

#### Presenting Sponsors



#### Top Sponsors



#### Additional Sponsors

Nebraska Methodist College  
First National Bank  
Cobalt Credit Union

Valmont  
Aenta  
WoodmenLife



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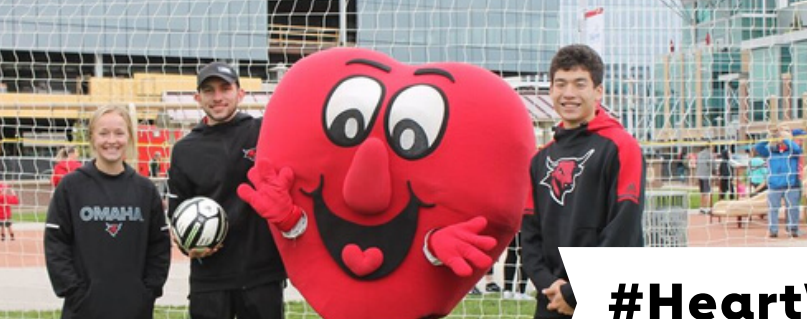


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## FAQ - Frequently Asked Questions

**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!



Follow @HeartNebraska



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## VIRTUAL Nebraska Heart & Stroke Walk - May 30, 2020

### Follow Along with Our Virtual Program

Enjoy many of your favorite walk elements including mascots, National Anthem, fundraising winners, etc.!

Follow @HeartNebraska and comment with #HeartWalkNE

**7:00 AM** Welcome | Jennifer Griswold, KMTV 3 News Now

**7-8:00 AM** Health Tips, Mascots Dance-Off

**8:15 AM** National Anthem | Jimmy Weber, country artist and survivor

**8:30 AM** Warm Up | Maggi Thorne, American Ninja Warrior

**8:45 AM** Thank You | Dr. Dan Anderson, MD & Heart Walk Chair

**9:00 AM** **WALK KICK-OFF**

**9:30 AM** Mid-day Update | Bill Schammert, 10/11 NOW

**10:00 AM** Award Winners Announced

**10:30 AM** Special Message from "Heart Ambassador"

**11:00 AM** Finish Line Dance

**Noon** Thank YOU!



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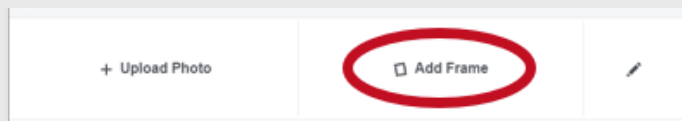
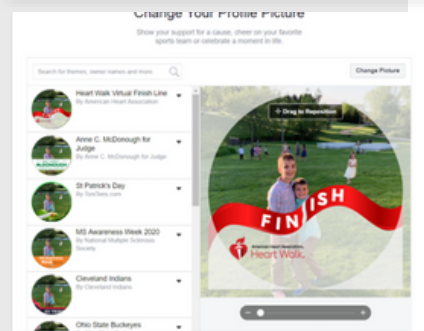
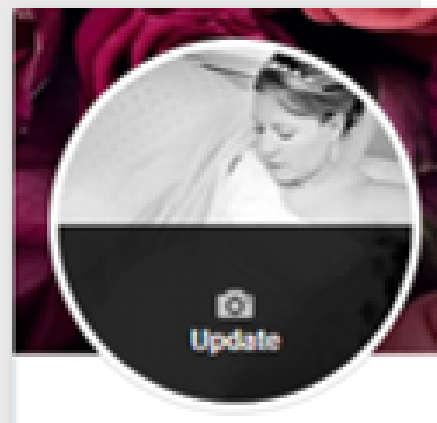
## **VIRTUAL Nebraska Heart & Stroke Walk - May 30, 2020**

### **Update Your Virtual Facebook Frame**

*Presented locally by: University of Nebraska Medical Center, Nebraska Medicine, University of Nebraska at Omaha*

Show all your friends and family how you "walked the walk" for healthier, longer lives with the #HeartWalkNE by updating your Facebook Profile with a Photo Frame!

1. Hover over your profile photo and select **"Update"**
2. Select **"Add Frame"**
3. In the search box, type in **"Nebraska Heart & Stroke Walk"**
4. Select the appropriate frame
5. Drag to reposition your profile picture if needed
6. Select Timeframe from the drop down when you want to switch back to your previous profile picture.
7. Select **"Use as Profile Picture"** to save!



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