

## Walkers Wanted!

The UofL campus community is invited to join Get Healthy Now and the Office of Community Engagement in support of the annual American Heart Association Heart Walk.

On September 26<sup>th</sup> at 8 am Waterfront Park's Great Lawn will be overflowing with heart helpers!

U of L will be walking to support the American Heart Association's mission:

"Building healthier lives, free of cardiovascular diseases and stroke."

The event is free!

Act today in one of the following ways:

### 1. Become a team captain.

Directions:

- Go to: <http://heartwalk.kintera.org/faf/home/default.asp?ievent=296536>
- Click on: *Register*
- Complete the waiver/agreement
- Click on: *start a team*
- Click on: *New Team* , under select company choose *UofL Campus*
- Create Team Name
- Set Team Fundraising Goal
- Set Recruiting Goal
- Complete Registration Form
- Begin Fundraising and Recruiting

\*Team captains will be invited to a captain's kickoff breakfast, July 21<sup>st</sup> at 8:30 am to help with ideas for fundraising and recruitment.

\*All team captains who attend a kickoff will be entered into a drawing to win a houseboat trip on Lake Cumberland State Dock Marina.

### 2. Join the "Get Healthy Now" team and walk with us.

Directions:

- Go to: <http://heartwalk.kintera.org/faf/home/default.asp?ievent=296536>
- Click on: *Register*
- Complete the waiver/agreement
- Click on: *Join a Team*
- Type the team name in the second box "Get Healthy Now"
- Click on: *"Get Healthy Now"*
- Click on: *Join our Team* at the top
- Complete waiver/agreement
- Complete registration form
- Begin Fundraising and Recruiting

### 3. Make a donation.

Directions:

- Go to: <http://heartwalk.kintera.org/faf/home/default.asp?ievent=296536>
- Click on: *Donate*
- Search for a friend whom you know is fundraising.
- If you don't know of anyone you can use Brooke Banet, the team captain for Get Healthy Now.

For questions please contact Brooke Banet: [bjburb01@louisville.edu](mailto:bjburb01@louisville.edu)