

**2025 CEDAR VALLEY**



American Heart Association.  
**Heart Walk.**

**HEART  
WALK**



**Saturday, August 16, 2025**  
**Mudd Advertising | Prairie Lakes**  
**915 Technology Pkwy, Cedar Falls, IA**



**FREE FAMILY FUN**

games, snacks, refreshments & more!

Family Activities begin at 8:00 a.m.

Walk Kick Off at 9:00 a.m.

Dogs and families are welcome!

FREE participation with  
encouraged fundraising!

**CedarValleyHeartWalk.org**

For more information, contact Sydney Yanecek at:  
[sydney.yanecek@heart.org](mailto:sydney.yanecek@heart.org) | 515.204.3558





American Heart Association®

Heart Walk®

## How can you get involved?

### Team:

- Actively engage employees with their wellness, the community, and life saving research initiatives with the American Heart Association.
- Rally employees around a shared purpose and build a collaborative work environment with Heart Walk teams.
- Create your team and rally around a family member, friend, or co-worker who is a heart disease or stroke survivor.
- Leading up to the event, the team leader for your company or family will work with American Heart Association staff to come up with fun fundraising initiatives throughout your business and interactive ways to get your staff and families involved.

### Sponsorship:

- Join companies in the area to step up and make a lasting impact with the American Heart Association by sponsoring a portion of our Heart Walk, while receiving benefits and recognition for your commitment!

### Volunteer:

- The American Heart Association relies on volunteer efforts in order to push forward our life-saving mission. We have various volunteering opportunities available, speak with Ani Snyder if you have any questions or want to get signed up!

### Fundraising Partnerships:

- **Heart Sales** - Companies with registers and higher foot traffic have the ability to sell paper hearts to their customers at check-out. The company can hang these hearts around the store to show their partnership with the American Heart Association.
- **Round-up** - Companies with registers and higher foot traffic have the ability to ask their customers if they would like to round up their transaction total to the next dollar, donating the extra money to the American Heart Association.
- **Co-Ventures** - Companies are able to use an existing item they currently sell, and then a % of the sales or a flat donation supports the American Heart Association during a set time frame.

The options are limitless, get involved and make an impact today!

Call 515-204-3558 or email [Sydney.Yanecek@heart.org](mailto:Sydney.Yanecek@heart.org)