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Heartland Division Newsletter Spring 2016

We are "thinking Spring" at the American Liver Foundation- Heartland Division! To us, Spring means better weather and a time to get outdoors to do the things that we love, like our annual Liver Life Walk events. Exercise is key to good liver health, and we have several ways to get you moving this spring and summer.

Liver Life Walk: Liver Life Walk is the national fundraising walk of the American Liver Foundation and the largest fundraising and awareness event related to liver health in the United States. Join more than 13,000 people from coast-to-coast as we pound the pavement to change the face of liver health! Your participation will bring awareness to liver disease and provide financial support for our educational programs and patient services offered to the millions of Americans battling one of the 100 known liver diseases.

Cleveland- Our 16th annual event is scheduled for Sunday, May 22nd at the Cleveland Metroparks Zoo. **Online registration is open!** The event is just two months away.

Cincinnati- The 7th Annual Liver Life Walk Cincinnati will be taking place at Sawyer Point on Saturday, June 18th. **Online registration is open!**

Indianapolis- Join us a new location, the Ohio Street Basin along the Canal in Downtown Indianapolis on Saturday, August 13th. **Online registration is now open!**

2016 Transplant Games of America: The **Donate Life Transplant Games** is a multi-sport festival event produced by the Transplant Games of America for individuals who have undergone life-saving transplant surgeries. Competition events are open to living donors, organ transplant recipients, bone marrow, corneal and tissue transplant recipients. More than an athletic event, the Donate Life Transplant Games highlight the critical importance of organ, eye, and tissue donation, while celebrating the lives of organ donors and recipients.

The 2016 Games are taking place in Cleveland, Ohio on June 10th - 15th. We encourage you to consider participating in one of the 20+ events, including the 5k/10k Walk/Run that is open to the public. **We've formed an official Liver Life Challenge team to participate in the 2016 Transplant Games.** [Learn more here.](#)

Also, the American Liver Foundation will be coordinating a group volunteer opportunity at the Games. **Help with the Opening Ceremonies on Saturday, June 11th from 4-7 p.m..** We only have 15 slots available, and the deadline to volunteer is April 15th. [Learn more here.](#)

Programs Volunteers Needed: We are seeking interested individuals in **Indiana** and **Kentucky** that would like to be trained to host educational programs in the community, like our youth education program "Love Your Liver" and our adult education program "Liver Wellness." We provide the training and all presentation materials. Help educate the community about important liver wellness and disease prevention tools. Please contact khomer@liverfoundation.org for more information.

Make a Difference: Fundraise YOUR WAY for the American Liver Foundation through our **Make a Difference** online platform. You can create a page for a special event or fundraiser that you're hosting, or create an Honor or Memorial page in recognition of a loved one. Contact our staff for assistance in creating a page.

- The Heartland Division Staff
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