

*Pick Up the Pace. . . Beat ALS.*  
**2022 Norfolk & Columbus Area Walk**

**Sunday, September 25, 2022**

**Skyview Lake in Norfolk, NE  
(1900 West Maple Avenue)**

- On-site registration @ 1:00pm
- **Ceremonial walk @ 2:00pm**  
Walk routes are pet-friendly & handicapped-accessible.  
***Walking is optional!***
- Refreshments, kid-friendly activities.
  - **Raffle and Silent auction!**



**Questions?**

Please call 402-592-2374  
or  
email [Tammy@alsintheheartland.org](mailto:Tammy@alsintheheartland.org)

**We can't wait to see you there!**



**ALS in the Heartland is not funded by nor affiliated with a national association; 100% of funds raised by us remain in Nebraska, Iowa, and South Dakota to solely & immediately support people living with ALS.**



***Support for Today. Hope for the Future.***

