



Gather your friends and sign up TODAY to walk a 5K and enjoy music, art and more - let's support teen mental fitness!

SATURDAY, OCTOBER 22

Registration Opens at 730 - 800 am

Walk and Talk 5k Begins from Las Vegas Academy at 8 am

Walk and Talk Festival Begins at 930 am

Hope Means Nevada Walk and Talk 5K Festival

Goal: Raise \$500-1000 or more

Team Members: 10 or more

Find sponsors

A festival and suicide prevention 5k walk full of hope and change for Nevada.

The Walk & Talk Fest & 5k will bring teens, their families, and friends together to connect while moving their bodies to elevate the daily conversation around physical and mental health.

We are kicking off the day in Downtown Las Vegas with gentle body stretches hosted by local fitness experts – followed by walking and talking our way to the Las Vegas Academy, where the event flows into a festival full of live music, art, poetry, wellness. In addition, a few local celebrities will appear to remind us all to make mental and physical health part of our everyday lives.

- Suicide Ideation and Attempts have **significantly increased** in our Nevadan Teens in 2021/2022
- **1 in 5** Nevada teens has **considered, planned, or died by** suicide
- The youngest suicide went from **12 to 8 years old**.
- The State of Nevada has limited providers and resources to address the mental health needs of our youth.

How to Register a Team

1. go to www.hopemeansnevada.com/walk
2. team captains (1 to 3 people)
3. name your team
4. set a goal
5. share with friends and family and fundraise



Fundraising



Put the FUN in Fundraising – Personal Fundraising

Incentives are a great way to push fundraising to new limits by offering prizes and levels to achieve.

Amount Raised	Level	Incentive
0	Hopemaker	Purple Lei, Stress Ball
\$10	Shining Star	Hat or T-Shirt
\$500	Champion of Hope	On Site recognition, Social Media recognition
\$1000+	Brightest Light	All the above plus certificate of recognition



Put the FUN in Fundraising – Team Fundraising

Teams will be rewarded for their TOTAL fundraising efforts as well!

Amount Raised	Level	Incentive
\$500	Hope	Team Name Featured on Website and Social Media and at event
\$1,000	Challenger	+ Same as above
\$5,000	Awareness	+ Same as above
\$10,000	Champion	+ Moore Show TV appearance, HMN VIP Swag Box



Sponsorship Packages

\$50,000	\$25,000	\$15,000	\$10,000	\$5,000	\$2,500
unlimited registrants	50 registrants	25 registrants	15 registrants	10 registrants	5 registrants
kvvu segment	website	website	website	website	website
website	social media	social media	social media	social media	social media
social media	banner	small promo table	small promo table		
banner	large promo table				
large promo table					



2022 Walk & Talk

5K FESTIVAL

HOPE MEANS NEVADA

TEAM MEMBER:

TEAM NAME:

NO.	NAME	PHONE/EMAIL	AMOUNT
1.			
2.			
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