

# Heart and Stroke Foundation of Ontario

## February is Heart Month

**Become a partner of the Heart and Stroke Foundation and register for our Heart Month Campaign 2009**



### Register Today!

**To Register Please Contact:**  
**Trisha Merkley-Choo**  
Campaign Coordinator

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We are looking for corporations and businesses to help us reach our goal of **\$370,000.00** in Ottawa and surrounding areas. Donations could accompany a 'fun' activity or event that in turn supports the work of the Heart and Stroke Foundation. Here are some ideas:

- ♥ Host a corporate breakfast, bake sale or pizza day
- ♥ Raffle off a donated prize
- ♥ Hold a scavenger hunt with a minimum entry fee to participate
- ♥ Raise money for Heart and Stroke by "canvassing" for donations online
- ♥ Have a 'Wear Something RED Today' day - residents donate for the 'right' to wear red...even a red ribbon counts
- ♥ Create your own fundraising idea to help us out...

Thanks to you and your staff for your support and we look forward to your fundraising efforts that will sustain essential Heart and Stroke research and health promotion.



**HEART &  
STROKE  
FOUNDATION  
OF ONTARIO**

*Finding answers. For life.*

THIS IS WHAT HAPPENS WHEN YOU PUT YOUR HEART INTO IT.

[www.heartandstroke.ca](http://www.heartandstroke.ca)