

Fundraise *your way!*

Beat as one. When you can bring purpose to your passion, you open a whole new world of possibilities. Become inspired by these imaginative ways to fundraise for Heart & Stroke.

Move for moments

Be daring, get active, and challenge yourself to a physical feat to raise donations. Inspire others to live their best life by demonstrating healthy habits, all in support of life-saving research.

- ▶ Go for a walk, run, cycle, skate, or scoot
- ▶ Complete a wellness challenge, like 30-days sugar free
- ▶ Compete in a race, like a marathon, triathlon, or obstacle course
- ▶ Get outside and go rock climbing, hiking, or swimming
- ▶ Join a hockey, soccer, or baseball team and play for a cause
- ▶ Challenge others to join you in getting active and help you fundraise



Art with heart

Let your creative side rule your event. Perform, entertain, and create while showcasing your talents in exchange for donations from family, friends, neighbours, and coworkers.

- ▶ Show off your moves and host a dance party
- ▶ Put on an art show showcasing your work
- ▶ Invite some friends to an always entertaining karaoke contest
- ▶ Get dramatic in your own theatrical performance
- ▶ Channel your inner Picasso and throw a paint night
- ▶ Hold your own "Canadian Idol" singing competition
- ▶ Walk the runway in your own fashion show
- ▶ Get crafty and arrange a knitting, needlepoint, or scrapbooking event



Gather for good

Host an experience that delights your guests and supports the lives of people all over Canada. Ask attendees to make a donation and start a trend of adding a purpose to your next event.

- ▶ Throw a neighbourhood block party
- ▶ Make a splash and put on a pool party
- ▶ Roll the dice and host a games night
- ▶ Mix things up with a bake sale
- ▶ Clean out your clutter for a cause with a garage sale
- ▶ Heat things up with a backyard cookout
- ▶ Bring back the classic and setup a lemonade stand
- ▶ Get your stampers ready for a bingo night
- ▶ Raise the ante and play a poker tournament



Donate your day

Turn an already special event into something exceptional. Whether you're dedicating a particular day or celebrating a specific person, invite your guests to donate and give the gift of hope.

- ▶ Share your birthday with a good cause
- ▶ Make your wedding even more magical
- ▶ Mark your anniversary by helping others
- ▶ Celebrate religious milestones while supporting families in Canada
- ▶ Help families across Canada at your next family reunion
- ▶ Honour someone special by helping create more moments for others
- ▶ Celebrate those we lost by helping those still with us



Fundraise *your way!*



fundraiseyourway.ca

™ The heart and / Icon on its own and the heart and / Icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.