



How to raise \$1,000 in 5 days!



Self-donate = \$100

Show your commitment to the Foundation through a \$100 self-donation. Wow your family and friends and set the precedent for them.



Family ties = \$100

Ask your family to support research you believe in! Ask 5 family members to donate \$20 each.



Fundraise with social = \$100

You raise 42% more when posting on Facebook. Ask 5 of your oldest friends to donate \$20 each.



Host a fundraiser = \$200

Host a spirit day at work where your co-workers pay \$5 each to wear their favourite team's jersey! Don't be afraid to get a little creative to get the last \$50 (or more!) in donations to meet your \$1000 goal!



Email co-workers = \$500

Ask 5 co-workers to donate \$100 each towards life-saving heart and stroke research.

Total: \$1,000

Did you know that every five minutes, someone in this country dies from heart disease, stroke and vascular cognitive impairment? Your support helps us provide the credible medical information they need to stay safe and healthy and funds the research that saves lives across Canada.

