



How to raise \$150 in 5 days!



Self-donate = \$25

Wow your family and friends and set the precedent for them.



Family ties = \$50

All it takes is 5 family members to donate \$10 each.



Fundraise with social = \$50

Ask 5 of your friends to donate \$10 each.



Email co-workers = \$25

Ask 5 co-workers to donate \$5 each.

Total: \$150

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.

