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| **Join the [Insert Team Name] team on the Corporate Health & Wellness Challenge** |
| This year our [Insert Team Name] team will be participating in the Heart & Stroke Ride for Heart in support of critical heart disease and stroke research. The Corporate Health and Wellness Challenge will be an exciting and healthy way to support a cause that touches us all!  Join [Insert Team Name] as we each get ready to ride, walk or run and get active during the month of June. Over the course of our 4-weeks, we’ll complete fun, weekly activity challenges and earn achievement badges as we track our progress on the way to crushing our team fundraising and activity goals! All while shining a spotlight on health and wellness.  **You can’t beat saving lives.**  Did you know that 50% of Canadians have been touched by heart disease or stroke, either personally or through a family member or close friend? And that 3.5 million people in Canada are living with these conditions? Your fundraising and donations can – and will – make a difference. Please join our team, and together, we’ll beat heart disease and stroke!  **A red rectangle with white textDescription automatically generated**  *[INSERT TEAM PAGE LINK TO THE REGISTER NOW BUTTON]* |
| **How to register in 4 easy steps:**  **Step 1:** Visit the [Insert Team Name] team page here [Link “team page here” ] and click the “Register” button.  **Step 2:** Fill out all required information and select **Corporate Challenge** **Registration**  **Step 3:** Set your personal fundraising goal!  Aim high and strive to reach it!  **Step 4:** Make a self-donation to start your campaign off strong and show your commitment to potential donors.  **TIP:**  Tell your story!  Once logged in, edit your page from your Participant Center under “Page Settings” on the left side menu or on your personal page click “Manage Page” at the top right. You can add a custom photo and update your personal message with why you are participating and your activity goal.  **Congratulations!**  You are now officially a member of our team!  You will receive an automated registration confirmation email with your information, please keep this safe for reference. Familiarize yourself with your Participant Centre and personal page and start fundraising!  Thank you,  [Insert team captain/co-captain names] |
| [A red triangle on a black backgroundDescription automatically generated](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.email.heartandstroke.ca%2F%3Fqs%3Db009f012c5f8a8910f5f1789a89f4db1cc5f2a630daa66c0f7deed04e6ed97811903ad7a307133e23e818b75243779cf7fc11990e3f7698e&data=05%7C01%7Calex.holton%40heartandstroke.ca%7C6eb8017ad22f402da07108db14edf339%7C80b28f65dc394c94a99c4f816e42bd75%7C0%7C0%7C638126784446712848%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=4nlo727aYSfMQudrRJPMN4wdCJ5%2F6Nqov18ObQupCa4%3D&reserved=0)  ™ 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. | © 2025 Heart & Stroke Foundation of Canada , Charitable number 106846942RR0001. |