ᑭᕝᕕᓐ ᐊᓂᓐ ᐅᔅᓱᒃᑕ ᐊᐃᓐᔭ ᑭᓂᐳᐃᓐᓴᑕ

FACE

ᐅᐃᓐᑲᓐ ᐅᔅᓱᑲᓂᐃ ᐸᑭᓯᕝᕕᓐᓴᕐ?

ARMS

ᐅᓂᑲᓐ ᑭᑲᔅᑭᑐᓐ ᓇ ᑕᐱᔅᑯ ᒋᐃᔅᐱᓂᕝᕕᓂᔭᓐ?

SPEECH

ᑭᑐᐃᓐ ᑲᐃᓐᓇ ᒐᐯᓐ ᒋᓂᓯᑐᑕᑯᒃ?

TIME

ᑎᐸᐃᑲᓐ ᐅᒋᒋᓴ ᖓᒪᒃ ᒋᒪᒋᑭᑐᔭᓐ ᓵᑲᓯ ᐯᔅᒃ ᐯᔅᒃ
ᒪᑭᓐᓵ ᑲᔪ ᕝᕕᔪᒃ ᑲᐊᔭᒃ ᓴᓯᑯᒋᒪᓯᓴᐃᓐᐊᑭᑕᓱᓐ
ᐊᐸᒋᑐᓐ _____.

ᑭᓵᑕᐱᓐ ᑭᔅᐱᓐ ᐅᑭᓵᑕᐱᑐᑕᒪᓐ ᕝᑯᓐ, ᓂᐱᐅ ᑭᕝᔅᑯᐃᓐᒋᐊ ᐊᐃᓐᔭ.

ᐅᐃᒪ ᑲᔪ ᓂᐳᐃᓐᓴᐃᓐ ᒪᒋᕝᕕᐃᓐ ᐅᒪ ᑲᓇᑕ ᐊᑭᔅ, 2015

HEART & STROKE FOUNDATION™

ᒥᓄᐱᒥᐃᓐᒋᑲᐸᐃᓐᑕᕝᕕᐊᓐᑲ GOLDCORP

ᐊᐊᓐᓵᒥ ᐅᒋᑭᕝᕕᑕᓱᓐ ᐅᒪ heartandstroke.ca/FAST