



Join Team CCHA in the 2017 Walk of Life

support the
Canadian Congenital Heart Alliance

CARDIAC HEALTH
FOUNDATION OF CANADA

Join Team CCHA!

WALK OF LIFE®

SATURDAY, MAY 27, 2017
Ontario Science Centre & E.T. Seton Park

1KM WALK

3KM WALK

5KM WALK

5KM RUN

10KM RUN

KIDS FUN RUN

FREE!

**T-SHIRT
PARKING**

SNACKS,
BEVERAGES
& BBQ LUNCH

KIDS ACTIVITIES

REGISTRATION
FREE FOR KIDS
UNDER 14

CHAIR EXERCISES

BOUNCY CASTLES

MASCOTS: PAW PATROL,
TEENAGE MUTANT NINJA TURTLES,
LITTLE CHARMERS, HATCHIMALS

SickKids

TRIDEL

BMO 200

We're here to help

University of Toronto

Canada Life

TPH

Milky

www.cardiachealth.ca

Join Team CCHA on Saturday May 27th to walk or run while raising money for the Canadian Congenital Heart Alliance (CCHA).

Come out for fun, exercise, meet other CHD patients and their families and support a worthy cause all the same time!

Online registration is now open! Join [Team CCHA](#) today.

Date: **Saturday May 27th**

Where: **Ontario Science Centre**, 770 Don Mills Road & E.T. Seton Park (Sunnybrook Parkland) located in Toronto, Ontario [map](#).

Time: **8am - 12 noon**

The event features programs for people of ALL ages. Participants have a choice of:

- Walk: 3km or 5km;
- Run: 5km or 10km competitive run
- 1km family friendly stroll (recommended for strollers and wheelchairs);
- Kids Fun Run
- Chair Exercises: for seniors and those with mobility restrictions

Stay for the after party which includes BBQ lunch, run awards, bouncy castles for kids and musical entertainment.

All participants receive:

- FREE T-Shirt, parking
- Snacks and beverages
- Live entertainment
- Kids activities/bouncy castles and Mascots (Paw Patrol, Teenage Mutant Ninja Turtles, Little Charmers & Hatchimals)

- Ontario Science Centre Education Modules,
- Heart Healthy BBQ Lunch (donations accepted)
- medals and give-aways and more.

This year marks Team CCHA's 8th year participating in the Walk of Life! Our goal is to raise over \$20,000 to support education and awareness programs, camp programs, advance research, and increase the profile of congenital heart disease across Canada. **Note: You must be a member of "Team CCHA" in order for the money you raise to go towards the Canadian Congenital Heart Alliance. Team CCHA is the only charity team supporting both children and adults with congenital heart defects and their families across Canada.**

Funds raised by Team CCHA are split with 66% of the funds raised going to CCHA (the other 33% goes to the Cardiac Foundation of Canada; a charitable organization dedicated to supporting cardiac rehabilitation and the advocacy of prevention and education across Canada. Many of our members with congenital heart defects take advantage of the Cardiac Health Foundation of Canada's cardiac rehabilitation programs to help them exercise safely under supervision, and before and after surgery).

Can't make it out the day of the event, you can still help by donating and asking your friends and family to donate as well. Please visit our team page by clicking [Team CCHA](#) and select 'General Team Donation'.

[Event Details](#)

Date: Saturday, May 28, 2016

Location: Ontario Science Centre (OSC) - 770 Don Mills Road & ET Seton Park (Sunnybrook Parkland), Toronto, ON

Time: 8:00 am – 12:00 pm

[Schedule of Events](#)

(Rain or Shine)

Host: Roger Petersen Anchor, CityNews Tonight

Mascots: PAW PATROL, Teenage Mutant Ninja Turtles, Little Charmers, Hatchimals

Musical Entertainment: Andy B. and the Honey Tones

Program

8:00 am – 9:15 am	Registration / Exhibits / Snacks & Beverages / Mascots & Music
9:15 am	Kids Fun Run
9:30 am	Presentations, Warm-up
9:45 am	1km, 3km and 5km Walk
9:50 am	5km and 10km Run
10:00 am - 11:00 am	Chair Exercises for seniors and those with mobility restrictions
11:00 am – 12:00 pm	BBQ Lunch / Run Awards / Bouncy Castles for Kids / Entertainment & Mascots

[Registration](#)

ADULTS

OPTION 1: Raise \$100 in donations (tax receiptable* & registration fee is waived)

OPTION 2: \$35 Pre-Registration Fee OR \$40 Registration Fee Day of Walk

STUDENTS & SENIORS (65+)

OPTION 1: Raise \$ 50 in donations (tax receiptable* & registration fee is waived)

OPTION 2: \$25 Pre-Registration Fee OR \$30 Registration Fee Day of Walk


CHILDREN


Ages 14 & under REGISTRATION is FREE

[More Info](#)

For full event information and registration fee details visit [WOL Event Info](#)

For map of the Walk and Run route click here [2017 Walk of Life route map](#)

Offline Registration and Cash Donation form (to register off line or for cash donations complete this form and bring with you to registration table the day of event)  [Download 2017 CCHA WOL Registration Offline Donation form.pdf](#) (63.2 KB)

For tips on increasing your donations, read the following 3 easy steps:  [Download Fundraising Tips 2017.pdf](#) (433.91 KB)

For more event info please contact Jennifer at fundraising@cchaforlife.org.

The host of this event is the Cardiac Health Foundation of Canada, a charitable organization dedicated to supporting cardiac rehabilitation and the advocacy of prevention and education across Canada. Since 1965, \$10 Million has been raised nationally for facilities, scholarships and research, patient and public awareness, professional education and medical equipment.

Tags:

[#CHD](#)

[#CHDAwareness](#)

[Fundraising](#)

[Donate](#)