



## 1 in 100 Champion

News

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Hey Canada.

CCHA is challenging you to find your 1 in 100 Champion!

Share your video, picture or story of your 1 in 100 Champion on social media to help raise awareness for Congenital Heart Disease #CHD. Tag us in your post @cchaforlife on Facebook, Twitter or Instagram using the hashtags #1in100, #CHD, #CCHA. Not on social media - no problem. You can still share your 1 in 100 Champion video, picture or story by emailing them to us at [communications@cchaforlife.org](mailto:communications@cchaforlife.org) using 1 in 100 Champion in the subject line.

By sharing your 1in100 Champion story with us during Heart month, you will help raise awareness for Congenital Heart Disease #CHD.

Show your support for the over 250,000 Canadians living with CHD!

**Tags:**

[#CHDAwareness](#)

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[1 in 100](#)