



## 2018 Walk of Life

News  
Jennifer  
May 9, 2018  
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# WALK OF LIFE®

SATURDAY, MAY 26, 2018  
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  
PAW PATROL  
KIDS ACTIVITIES  
BOUNCY CASTLES  
CHAIR EXERCISES  
REGISTRATION FOR  
KIDS UNDER 14



Proceeds to support: The 1st Pediatric Exercise Medicine Room & Cardiac Rehab Program at SickKids Hospital in partnership with Cardiac Kids and Blue2Play; and the National WALK OF LIFE Campaign for Cardiac Rehab programs across Canada.



## JOIN TEAM CCHA IN THE 2018 WALK OF LIFE®

Join or Donate to Team CCHA: <https://secure.e2rm.com/registrator/TeamFundraisingPage.aspx?teamID=79750...>

Saturday, May 26, 2018 8:00 am - 12:00 pm

Ontario Science Centre, 770 Don Mills Road & E.T. Seton Park (Sunnybrook Parkland)

FREE Parking, T-Shirt, snacks, beverages and BBQ, bouncy castles

Free registration for kids under 14

\*\*\* This year Team CCHA will have our own personalized T-shirts. Be sure to pick them up when you register!

Host: Roger Petersen

Mascots: PAW PATROL

Musical Entertainment: Andy B. and the Honey Tones

## SCHEDULE OF EVENTS:

(Rain or Shine)

8:00 am - 9:00 am	Registration / Exhibits / Snacks & Beverages / Mascots & Music
9:00 am	KIDS FUN RUN
9:30 am	Presentations / Warm-up
9:45 am	1 KM, 3 KM & 5 KM WALK
9:55 am	5 KM & 10 KM RUN
10:00 am - 11:00 am	Chair Exercises for Seniors
11:00 am - 12:00 pm	BBQ Lunch / Run Awards / Bouncy Castles for Kids / Entertainment & Mascots

## TOP FUNDRAISING PRIZES:

- ▷ Raise \$250 - \$499 = Cardiac Health Foundation Mug and Corkscrew
- ▷ Raise \$500 - \$999 = Adidas Climacool Lightweight Flexfit Cap
- ▷ Raise \$1,000 - \$1,999 = Pair of Urban Poling Poles
- ▷ Raise \$2,000 - \$3,999 = Google Home
- ▷ Raise \$4,000 or more = iPhone 8\* or One Year Gym Membership\*

(\*1st choice given to top fundraisers)

By supporting Team CCHA, you will be helping to fund important programs

\* Patient Education days

\* Support chapters

\* Support camp programs

\* 1st Paediatric Exercise Medicine Room and Cardiac Rehab Program for kids and adolescents in Canada at The Hospital for Sick Children,

Download our Team Donation Form for cash donations, turn in day of Walk of Life

 [Download 2018-GTA-WOL-Registration-Donation-form\\_TeamCCHA.pdf](#) (475.17 KB)

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## HOW TO RAISE \$250 IN A WEEK

All you have to do is ASK!

<b>DAY 1</b>	<b>SPONSOR YOURSELF</b>	<b>\$30</b>
<b>DAY 2</b>	<b>ASK THREE RELATIVES FOR \$20</b>	<b>\$60</b>
<b>DAY 3</b>	<b>ASK SIX FRIENDS FOR \$10</b>	<b>\$60</b>
<b>DAY 4</b>	<b>ASK FIVE COWORKERS FOR \$10</b>	<b>\$50</b>
<b>DAY 5</b>	<b>ASK FIVE NEIGHBORS FOR \$5</b>	<b>\$25</b>
<b>DAY 6</b>	<b>ASK YOUR SPOUSE OR PARTNER</b>	<b>\$25</b>
<b>DAY 7</b>	<b>CELEBRATE YOUR SUCCESS!</b>	<b>\$250</b>

For more fundraising tips  [Download Fundraising Toolkit - Walk of Life 2018-1.pdf](#) (243.88 KB)

### Get Social with us!

Follow us on Facebook, Twitter and Instagram for News and Updates @CCHAforlife

Use hashags: #WalkOfLife2018 #CHD #1in100 #Heart #HeartHealth #ExerciselsMedicine

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