



## Join Team CCHA in 2019 Walk of Life

News

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## JOIN TEAM CCHA IN THE 2019 WALK OF LIFE®

This year we celebrate our 10th year participating in the Walk of Life. To date Team CCHA has raised over \$83,000 to help fund important programs such as CHD Patient Education Days, camp programs, 1st Paediatric Exercise Medicine Room and Cardiac Rehab Program for kids and adolescents in Canada at The Hospital for Sick Children.

Join Team CCHA and help us reach our goal to raise over \$100,000 in 10 years!

To Join or Donate to Team CCHA use this link: [Team CCHA](#)

WHEN: Saturday, May 25, 2019 8:00 am - 12:00 pm

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

WHAT: **FREE** Parking, T-Shirt, snacks, beverages, kids activities and bouncy castles, live entertainment, BBQ lunch and much more. Free registration for kids under 14

WHO: Your favourite mascots from PAW PATROL - Chase & Skye, and the Toronto Blue Jays "Ace"

## SCHEDULE OF EVENTS:

(Rain or Shine)

Host: Roger Petersen

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 RUN

10:00 am - 11:00 am

Chair Exercises for Seniors

11:00 am - 12:00 pm

BBQ Lunch / Run Awards / Bouncy Castles and Interactive Games for Kids / Entertainment & Mascots

Enter to win 40" SMART TV on day of event!

All Team CCHA members enter draw to win Hockey Night in Canada hat signed by Don Cherry on day of event!

### TOP FUNDRAISING PRIZES:

- Raise \$250 - \$499 = Cardiac Health Foundation Mug and Heat/Ice Pack
- Raise \$500 - \$999 = Cardiac Health Foundation Stainless Steel Water Bottle
- Raise \$1,000 - \$1,999 = Pair of Urban Poling Poles
- Raise \$2,000 - \$3,999 = Lululemon Sports Bag
- Raise \$4,000 or more = iPhone XS8\* or One Year Gym Membership\*

(\*1st choice given to top fundraisers)

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



[Download WOL-2019-Team CCHA Registration-Donation-Form.pdf](#) (101.4 KB)

### 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>

Share some CHD Facts to help you fundraise

More than 257,000 children and adults are living with Congenital Heart Disease (CHD) in Canada

CHD is #1 birth defect in the world

Today 95% of children with Congenital Heart Disease (CHD) survive into adulthood

Congenital heart disease is approximately 60 times more prevalent than childhood cancer, but receives 1/5 of the funding

Twice as many children die from CHD each year than from all forms of childhood cancer combined.

There are 40 different types of congenital heart defects

There is no cure for CHD

### Get Social with us!

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

Use hashags: #TeamCCHA #WalkOfLife #CHD #1in100 #Heart #HeartHealth #ExerciselsMedicine

Join Team CCHA: [Team CCHA](#)

Donate to Team CCHA: [Team CCHA](#)

