



Jump for healthy hearts!

Dear Parent/Guardian,

Jump gives back! It's not your everyday fundraiser. It's a program that helps your kids, your school, and your community. Here's how:

- **Your children learn life-long healthy habits.** Jump helps instill healthy eating and physical activity habits that give kids the best start to a long and happy life.
- **Kids feel good by doing good.** Jump helps you teach social responsibility. The pledges your kids collect fund life-saving heart and stroke research. They're helping kids and people of all ages in their own community and across the country.
- **When your school gives to Jump, we give back to your school.** Through Jump, your school earns points towards sports equipment, learning materials like robotics kits, and more!*

Jump-start your child's fundraising efforts online:

1. Go to jumpropeforheart.ca
2. Join your school
3. Set-up your child's fundraising page

That's it! Now you are ready to share your personal fundraising page by email, or social media with your family and friends.

Our goal is 4,000 schools and 1 million kids jumping across Canada to help kids like:



Nolen
had a stroke before he was born.



Océane
was 3 days old when she had her first heart surgery.



Paige
had a stroke when she was born.



William
was born with a hole in his heart and had life-saving surgery at age 3.

Join your school today!
jumpropeforheart.ca



*In the event that the above-listed Give-back items are not available, Heart & Stroke reserves the right to reward schools a cheque for 10% of net proceeds raised in lieu.
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