

Heart & Stroke
FIT FOR
HEART

SPINNING
LET'S GET MOVING!

ROWING

CURLING

SKATING

WALKING

SWIMMING

RUNNING

CYCLING

LFING

LET'S GET _____

AT _____

ON _____

CONTACT _____

EMAIL/PHONE _____

SIGN-UP
DEADLINE _____

LET'S RAISE _____

for life-saving heart disease and stroke research.

