



Jump Rope for Heart is coming soon!

Dear Parent/Guardian,

It's time to jump for healthy hearts! Supporting kids' health for 37 years, Jump encourages kids to be active. It builds healthy habits, boosts school spirit, and teaches social responsibility as kids fundraise for life-saving heart and stroke research.

Please help us reach our school goal before our Jump event.

School goal: _____

Event date: _____

The funds we raise will support research, education and other Heart & Stroke initiatives that empower kids and families across Canada to protect their heart and brain health.

Did you know, many kids raise twice as much when they fundraise online? It's not too late.

1. Go to jumpropeforheart.ca
2. Join your school
3. Set-up your child's fundraising page
4. Share the page by email or on social media with people you know



Is your family ready for summer?

Collect 5 donations online and be entered to **win 1 of 10** Family Summer Gift Packs to kick-off your vacation!

Each pack includes a PlasmaCar®, a Slip n' slide, walkie-talkies and more!*

*Maximum 3 water bottles per family. Full contest rules and regulations available at www.jumpropeforheart.ca/summercontest



jumpropeforheart.ca



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