



#VirtualJump is coming soon!

Dear Parent/Guardian,

New this year, Jump Rope for Heart is a virtual event nobody wants to skip! Kids and families learn fun ways to get active for heart health, through the month of June, while raising awareness and support for life-saving heart and stroke research.

Kids helping kids!

Help build a community of **100,000 kids helping kids** — kids like Nolen and Zoe.



Nolen
had a stroke
before he
was born.



Zoe
wears a device
in case her heart
isn't beating the
way it should.



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, or Virtual Jump Team
3. Set-up your child's fundraising page
4. Share the page by email or on social media with people you know

Join your school online!
jumpropeforheart.ca

Please help us reach our school goal before #VirtualJump Event Day, June 19th.

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.



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