

As a leading funder of heart and stroke research in Alberta and across Canada, hundreds of research teams depend on the Heart and Stroke Foundation to support their work, which leads to earlier diagnoses, leading-edge treatments and world-class prevention strategies. Following are some examples of the ways you can help us continue to support this vital research.



### General Donations

Make a gift in your own name in support of life-saving research and health education programs in Alberta, Northwest Territories and Nunavut. You can do so through:

- **Monthly Giving:** Join our monthly giving plan and invest in research all year round. Your ongoing support will help fund vital research projects in your province.
- **Donate by phone:** Call our toll-free number at 1-888-HSF-INFO (473.4636) and we will assist you with the process and answer any questions you may have about your contribution.
- **Donate by mail or fax:** Download our printable PDF form from our website, and mail or fax your donation to the appropriate Heart and Stroke Foundation office.
- **Donate In Person:** Visit your local Heart and Stroke Foundation office to make a gift in person.

### In Memoriam/In Honour

Make a gift in memory of a loved one who has passed away, or in celebration of a special occasion in the life of a friend, family member or colleague. A card will be sent to the family or friends you designate, notifying them of your donation to the Foundation in their honour.

### Fundraising Events

Participate in **Heart&Stroke Ski for Heart** ... sponsor a child in our **Jump Rope for Heart** or **Hoops for Heart** programs ... organize a team to ride the **Heart&Stroke Big Bike** ... there are lots of ways for you to put your heart into healthy-living fundraising events in your community!

### Friends of the Heart and Stroke Foundation

Create your own fundraising event, with proceeds to the Heart and Stroke Foundation. Contact your local Heart and Stroke Foundation office to learn more.

### Planned Giving

Leave a lasting legacy through your gifts of life insurance, annuities, trusts and bequests.

### Stocks and Shares

Manage your portfolio through your donation of stocks and shares – save while you give!

### Corporate Support

Your corporate support can help us improve the heart health of all Canadians. To learn about ways that your business can contribute, give us a call.

For more information, call 1.888.HSF.INFO (473.4636), or visit [www.heartandstroke.ca](http://www.heartandstroke.ca) and click on the yellow "Donate Now" button (top right).



**HEART &  
STROKE  
FOUNDATION  
OF ALBERTA,  
NWT & NUNAVUT**

*Finding answers. For life.*