

YOUR GIFTS ARE IMPROVING THE HEALTH OF FAMILIES IN YOUR COMMUNITY, EVERY DAY

— HEART AND STROKE FOUNDATION IN THE SURREY/LANGLEY/WHITE ROCK AREA —

THE JOURNEY STARTS HERE

OUR VISION
HEALTHY LIVES FREE OF HEART DISEASE AND STROKE.
TOGETHER WE WILL MAKE IT HAPPEN.

HeartSmart Kids™

A curriculum-based program which provides educators with the tools and resources to encourage children and their families to make heart-healthy lifestyle choices.



180
REGISTERED
TEACHERS
5,400
STUDENT
PARTICIPANTS



A curriculum-based program which provides educators with the tools and resources to teach children how to make healthy drink choices and limit their intake of sugar-sweetened beverages.

61
REGISTERED
TEACHERS
3,610
STUDENT
PARTICIPANTS



Hearts in motion™ WALKING CLUB

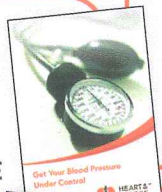
A simple and fun program that encourages participants to engage in regular physical activity, socialize, and improve their health.

4
WALKING
CLUBS



Free patient information materials provided to

20
COMMUNITY RESOURCE
CENTRES & HOSPITALS



\$2M+
INVESTED INTO
22 RESEARCHERS IN BC



LIVING WITH STROKE

1
COMMUNITY
PROGRAM

A brand new 8 week program offered in 11 communities across BC, designed to help stroke survivors and their families, offering participants the assistance and resources needed to succeed during recovery.



8

AEDs PLACED

PAD PUBLIC ACCESS TO DEFIBRILLATION PROGRAM AED

The BC PAD Program aims to make Automated External Defibrillators available in public places where there is a risk someone can suffer a cardiac arrest.



HEART & STROKE FOUNDATION