



Join Team CCHA in the 2015 Walk of Life on Saturday May 30



Need something fun and exciting to look forward to this spring and help out a worthy cause at the same time? Why not come out to walk, run or dance for [Team CCHA](#) through beautiful Sunnybrook Parklands at the Ontario Science Centre, and raise money for two great charities! Join [Team CCHA](#)!

This year the Walk of Life will be returning to the Ontario Science Centre located in Toronto, Ontario. This year's event features SIX different programs for people of ALL ages. Participants have a choice of:

- . 3km or 5km Walk;
- . 1km family friendly stroll (recommended for strollers and wheelchairs);
- . 5km or 10km competitive run
- . Active Program to music that includes
- . Dance-a-thon - to amuse and engage the 'under 5 years old crowd' as well as parents and grandparents
- . Chair exercises - for seniors

This year marks Team CCHA's 6th year joining the event! All funds raised by Team CCHA are split 50-50 with the Cardiac Foundation of Canada. **Note: You must be a member of "Team CCHA" in order for the money you raise to go towards the Canadian Congenital Heart Alliance.** Team CCHA is the only charity team supporting both children and adults with congenital heart defects and their families across Canada. Last year was a great success with over 40 team members raising more than \$16,000 and Team CCHA was

the first place corporate team for the second year in a row! This year we are hoping to raise \$20,000 to support CCHA with education and awareness programs, including the 'Beat Retreat' camp, advance research, and increase the profile of congenital heart disease across Canada.

We also encourage you, if you're not already, to become a member of CCHA. It's easy and free: just click on the "[Join CCHA](#)" button (also on the top right of the CCHA website homepage). The more members we have the more success we'll have in securing funding for our programs and in advancing research. It will also help you to stay up-to-date with CCHA and congenital heart news.

The host of this event is the Cardiac Health Foundation of Canada, a charitable organization dedicated to supporting cardiac rehabilitation and the advocacy of prevention and education across Canada. Since 1965, \$10 Million has been raised nationally for facilities, scholarships and research, patient and public awareness, professional education and medical equipment.

Many of our members with congenital heart defects take advantage of the Cardiac Health Foundation of Canada rehab programs to help them exercise safely under supervision and before and after surgery.

Online registration is now open. All participants receive a FREE T-Shirt, parking, snacks and beverages, live entertainment, give-aways, and more. New this year all participants will receive a free pedometer. There will also be kids activities/bouncy castles, Ontario Science Centre Education Modules, medals and a Heart Healthy BBQ Lunch (donations accepted). Free registration for kids under 14. Register before May 1st and receive the Early Bird Special using online discount code EB2015.

After party bonus! 50% off Ontario Science Centre admission tickets (your free parking is already included when you register) and save up to \$56 for a family of 4. To purchase tickets register with Team CCHA and call Cardiac Health Foundation office at 416-730-8299 before May 20th. Pick up at CHFC booth at the day of the event!

After May 20th, no worries. You can purchase discounted tickets for 25% off regular price at the Ontario Science Centre booth the day of the event, just sign in at the registration table and pick up your free T-shirt first - remember your free parking is already included for the day!

Date: Saturday, May 30, 2015

Location: Ontario Science Centre (OSC) - 770 Don Mills Road & ET Seton Park (Sunnybrook Parkland), Toronto, ON

Time: 8:00 am - 12:00 pm

Registration

Adults

OPTION 1: Raise \$100 in donations (tax receiptable & registration fee is waived)

OPTION 2: \$35 Registration FEE (non-receiptable & non-refundable)

Early Bird Special - Online Discount Code = EB2015

\$40 Registration FEE after May 1st (non-refundable & non-receiptable)

Students & Seniors (65+)

OPTION 1: Raise \$ 50 in donations (tax receiptable & reg fee is waived)

OPTION 2: \$30 Registration FEE (non-receiptable & non-refundable)

Early Bird Special - Online Discount Code = EB2015

\$35 Registration FEE after May 1st (non-refundable & non-receiptable)

Children ages 14 & under - REGISTRATION is FREE

FREE: Parking, T-Shirt, Pedometer, Snacks & Beverages, Live Entertainment, Kids Activities/Bouncy castles, Ontario Science Centre Educational Modules, Medals, Prizes, and Heart Healthy BBQ Lunch (donations accepted)

Bonus for February Heart Month - register by end of February to be eligible to win 'A Heart Healthy Gift Basket' filled with surprises - \$250 value.

Program

8:00 am - 9:15 am (Registration, Breakfast, Entertainment & Exhibits)

9:15 am (Presentations, Warm-up)

9:30 am (WALKERS start) & 9:40 am (RUNNERS start)

9:45 am - 10:45 am (Dance-a-Thon & Chair Exercises)

11:00 am - 12:00 pm (Medals, BBQ, Entertainment)

For more event info please contact Jennifer at fundraising@cchaforlife.org.

We would love your participation - either by joining Team "CCHA" or by making a donation. Please visit our team page by clicking **[Team CCHA](#)**.

[Walk of Life](#)