

Heart & Stroke

Row for Heart

Put your heart into this active, fun-filled rowing adventure.
Put your mind into helping protect the hearts and health of your community through fundraising efforts.

Join the Heart and Stroke Foundation of Ontario and the Don Rowing Club for an adventure for life - a life free from the effects of heart disease and stroke.

What: ROW FOR HEART 2009

- Full orientation to take place at the beginning of the first session
- One two-hour lesson each week for seven consecutive weeks
- Access to Don Rowing Club facility during recreation times April 26th through June 28th
- A Regatta wraps up the Row for Heart Program on Sunday, June 28th
 - Participants are encouraged to raise pledges in support of the Heart & Stroke Foundation
 - Terrific Thank You prizes are awarded for pledges raised!

Who: For individuals over the age of 16 who want to take up rowing for fitness and recreation.

Cost: \$270.40 for residents; \$275.40 for non-residents

When: Session 1: Sunday April 26 – June 7 (9:30am-11:30am)
Session 2: Monday April 27 – June 8 (6:30pm-8:30pm)
Session 3: Tuesday May 5 – June 16 (9:30am-11:30am)
Session 4: Tuesday May 5 – June 17 (6:30pm-8:30pm)
Session 5: Wednesday May 6 – June 17 (6:30pm-8:30pm)
Session 6: Thursday May 7 – June 18 (6:30pm-8:30pm)

Where: Don Rowing Club of Mississauga on the Credit River
25 Front Street North, Mississauga, ON - 905-274-1871

To register for Row for Heart or to find more information on the event go to:

www.mississauga.ca

Click on: Connect2Rec

Click on: Search by Activity

Search by Keyword: Row

Choose: Don Rowing Club

Click on: Row For Heart and **Register!**

Questions?

Contact: Celena at the Don Rowing Club: 905-274-1871; info@donrowingclub.com
Nancy at the Heart and Stroke Peel Office: 905-451-0021



**HEART &
STROKE
FOUNDATION
OF ONTARIO**

Finding answers. For life.

SEE WHAT HAPPENS WHEN YOU PUT YOUR HEART INTO IT.™