

How have **We** helped **You**?

The Heart and Stroke Foundation South Africa cares about the community! Our main goal is to raise awareness around cardiovascular disease through various initiatives – in an attempt to lower your risk of developing this dreaded condition. The statistics show that in South Africa **1 in 3 men** and **1 in 4 women** will have a heart condition before the age of 60! These statistics are shocking and more overwhelming than the other more publicised “killers”...and hence worth investing our time and effort into reducing.

In order to better support and reach you, we would like to hear from you how the Heart and Stroke Foundation South Africa has impacted on your lifestyle? What positive changes have you made? We may have touched your life through one or more of the following initiatives:

- ♥ Free Health Brochures
- ♥ Heart Mark Diet Line
- ♥ Our website www.heartfoundation.co.za
- ♥ Nutrition Articles
- ♥ Free Blood Pressure Screenings at shopping centres
- ♥ Corporate Screenings
- ♥ A Fundraising Event
- ♥ Healthy School Tuckshop Programme
- ♥ Healthy Hearts @ Work Canteen Programme
- ♥ Mended Hearts Support Group
- ♥ Children’s Programme
- ♥ Sow a Seed Programme
- ♥ Radio and TV interview
- ♥ Wally’s Heart



Share your story with us and stand a chance to win an awesome Grocery Hamper courtesy of the Heart and Stroke Foundation South Africa. The best stories will also be featured on our website www.heartfoundation.co.za

News Release



Please contact **Murishca** on **021 447 4222** or murishca@heartfoundation.co.za before the **15th of February 2010**.

Visit www.heartfoundation.co.za for more information.

We look forward to hearing from you...**2010, Laduma!**

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The Heart and Stroke Foundation SA

The Heart and Stroke Foundation South Africa is a community-based organisation established to reduce the incidence of heart disease and stroke in the population of South Africa by providing education and supporting vital research. For further information visit www.heartfoundation.co.za