

BECOME A BRIDE ALL OVER AGAIN!

National Wedding Dress Day: 4th December 2009



**THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA**

The Heart and Stroke Foundation SA (HSFSA) is inviting all past and future brides to wear your stunning wedding dress for a good cause!

National Wedding Dress Day will be celebrated on 4th December 2009, providing the women of South Africa a once in a lifetime opportunity to relive "the most memorable day" of your life in an effort to raise money and save young hearts from future heart disease.

To participate, all you need to do is encourage your friends, family or colleagues to sponsor you for every hour that you wear your wedding dress in public. Make a bold fashion statement! You can choose to either wear your dress at work, at a restaurant, when you're out shopping or even host your own "Bridal Party" and encourage your other married friends to dress up for the occasion! The rules also state that you can wear bridesmaid's dresses – so we haven't excluded anyone.

The HSFSA will also be hosting a charity 'Wedding Dress Day' dinner where you can commemorate with other married couples by renewing your special wedding vows, cutting delicious wedding cake and 'tearing up' the dance floor in a very unique way.

All funds raised will go towards the Heart and Stroke Foundation SA Children's Programme, which is committed to reducing the incidence of heart disease amongst pre-school and primary school aged children, by empowering and educating their teachers and parents with the knowledge of how to live a heart healthy lifestyle. Over 2 million children throughout South Africa are a part of this great initiative.

Impact a life today, in style!

ENDS.

For more information contact:

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BROUGHT TO YOU BY:

The Heart and Stroke Foundation SA

The Heart and Stroke Foundation South Africa is a Section 21 community-based organisation established to reduce the incidence of heart disease and stroke in the population of South Africa by providing education, funding and supporting research.

For further information visit www.heartfoundation.co.za