



Hockey Spares for Heart



Recreational hockey players are invited to help support cardiovascular health for themselves, their team, and community.

The Goal:

Every hockey group has a list of spares they draw from when a regularly scheduled player is unable to attend. Spare or back-up players pay roughly \$10-20 to play. Money received often helps to fund an end of season party.

Did you know that recreational hockey players are at an increased risk of heart conditions? This season CARHA has partnered with the Ottawa Heart Institute Foundation to help change that. Consider donating a portion of the spare money collected during the month of February to benefit the University of Ottawa Heart Institute. It's known world-wide as a beacon for ground-breaking research, education, and excellence in innovative cardiac patient care.

The Assist:

Sponsors have generously agreed to match donations made for the entire month of February so your efforts will be amplified!



The Save:

During **February is Heart Month**, consider supporting to the University of Ottawa Heart Institute (UOHI), Canada's largest and foremost heart health Centre dedicated to understanding, treating and preventing heart disease. When you donate, include mention of your group or team name so we can recognize your accomplishment!

[FEBRUARYISHEARTMONTH.CA](https://februaryisheartmonth.ca)

DONATE TODAY:

<https://februaryisheartmonth.ca/donate-carha/>

SCAN & GIVE

