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Sing for your Heart



8 - 15 December

www.singforyourheart.org.uk

sing for your heart

You probably know someone who has been touched by heart disease. Most people do. You might have a friend who has had a heart operation, high blood pressure could run in your family or you may have lost someone to a heart attack.

Heart Research UK funds pioneering research into the prevention, treatment and cure of heart disease and we need you to Sing for your Heart so we can help more people live happier, healthier lives.

have a hearty sing-song

We want to get everybody singing, to spread a bit of festive spirit and raise money to help find a cure for heart disease and save lives. It doesn't matter if you can't sing as long as you put your heart into your performance. Here are some examples of what people did last year...

♪ carol sing in your local train station, supermarket or shopping centre

♪ sing karaoke at your Christmas party or local pub

♪ organise a concert, carol service or talent show

♪ get sponsored to sing all day or get people to pay you to stop!

♪ get together with friends and do a song and dance routine at your school or work

♪ send a singing telegram and show someone you care

If you're thinking of doing something different let us know.

the next step

Sing for your Heart takes place between 8 and the 15 December, so start planning your event NOW!

Give us a call on 0113 234 7474 or email info@heartresearch.org.uk and we'll send you a FREE fund raising pack with ideas and advice, posters, stickers and everything you need to organise your own event.



www.singforyourheart.org.uk

Visit our website www.heartresearch.org.uk

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