



Hockey Spares for Heart



February is Heart Month and recreational hockey players everywhere are invited to help in the fight for cardiovascular health for all Canadians.

The "Goal"

Every hockey group has a list of spares they draw from when a regular is unable to play. Those spares pay \$10-\$20 to play and that money generally goes into funding a season ending party.

Please commit to donating 25% (or more) of the spare money collected in the month of February to the University of Ottawa Heart Institute – one of Ottawa's most precious institutions and known world-wide as a beacon for ground-breaking research, education, and excellence in innovative patient care.

It's just a few less chicken wings, pizzas and pitchers of beer!



The "Assist"

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

The "Save"

Too many to list here, see how the Heart Institute saves lives every day – here in Ottawa, across the country and around the world.

<https://www.ottawaheart.ca/about-us/who-we-are/ottawa-heart-institute-facts>

How to Donate

Simply visit [this page](#) to learn more about the Heart Institute and follow the link to make your donation under your group or team name.

<https://secure2.convio.net/uohi/site/SPageNavigator/2024/HockeySparesforHearts2024.html>

