

YOUR WORKPLACE AND HEART FOUNDATION

> THE ISSUE

Heart disease is the single biggest killer of Australians, taking a life every 27 minutes. It does not discriminate – it affects young and old, men and women.

> OUR RESPONSE

The Heart Foundation is working to save lives and improve heart health through the funding of cardiovascular research and health education.

A RELATIONSHIP WITH IMPACT

Supporting the Heart Foundation will help to reduce death rates from heart disease, improve the health outcomes of survivors of heart attacks and provide tools and information which help all Australians live longer and lead healthier lives.



Examples of the collective impact of donations:

> 20 employees (donating \$30 a month or \$7,200pa)

Could allow 80 heart attack survivors to receive one-on-one telephone support.

> 50 employees (donating \$50 a month or \$30,000pa)

Could provide 1000 heart attack survivors with *My Heart, My Life* helping them recover.

> 100 employees (donating \$50 a month or \$60,000pa)

Could fund three, three month Heart Foundation Scholarships, supporting the next generation of researchers.



Six examples of ways in which your staff could be further engaged:

- > Volunteering to support campaigns and appeals such as our annual Big Heart Appeal
- > Staff Charity Days – hold a fundraising event at your work to support campaigns such as Go Red for Women
- > Join the Heart Foundation Running Team for major physical activity events such as International Marathons and State based marathons and walks
- > Join or create your own Heart Foundation Walking Group
- > Workshops to help increase staff's physical activity
- > Invitation to Heart Foundation events and activities.

HEART FOUNDATION AT A GLANCE

What we do

As a charity, Heart Foundation works with the trust and support of the community to help all Australians live in heart healthy environments, to identify and help those most at risk of heart disease, to encourage people to act quickly when having a heart attack and to care for people living with heart conditions

How we do it

As Australia's leading heart health charity, our work has and continues to reduce death rates from heart disease, through research, improving the health outcomes of survivors of heart attacks and providing tools and information which help all Australians live longer and lead healthier lives.

MORE ABOUT THE HEART FOUNDATION



Hue Horswill

Huw Horswill will be remembered for his generous spirit and his love of life.

At just 32, no one who know him imagined for a moment that they'd have to say goodbye to this fun-loving, adventurous Tassie larrikin so soon. But that's the terrible tragedy of heart attack.

It can strike with little warning, leaving families to deal with a terrible and sudden loss. And all too often, without a chance to say goodbye.

Each year, around 9300, Australians are lost to heart attack. That's one person every 57 minutes. Tragically on 20 August 2012, 32 year old Huw Horswill was one of them.

FIND OUT MORE AT

heartfoundation.org.au