



We asked sons and daughters to write a special message to their moms.

Dear mom, my whole life you have been my partner in crime

You always know how to make me laugh

It's things like our crazy dance parties in the kitchen

Calling home on your dinner break to hear about our day at school

Checking for monsters under my bed

You are selfless, funny,

Kind, caring, and beautiful.

And we added our own meaningful message.

Unfortunately, the majority of clinical research for heart disease and stroke is focused on men.

Too often for women in Canada, early heart attack symptoms are missed.

I want you to be here with me always.

My heart beats because of you, and for you.

Happy Mother's Day. Love, your little Abbbster Babbster.

Love, your son Martin.

This Mother's Day, make a difference.

Make a donation to Heart & Stroke to honour all women in Canada.

And from May 1<sup>st</sup> to 31<sup>st</sup>, Manulife will match it\*.

\*up to \$250,000.

Donate now: [heartandstroke.ca/mothersday](http://heartandstroke.ca/mothersday)