



LeAnn, 55

Had two heart attacks within a week

Alyssa, 30

Had a stroke at 22 years old

Sherry, 31

Had two open-heart surgeries

Amelia, 29

Lives with congenital heart disease

She always wakes up for us

It's time for us to wake up for her.

The #1 cause of premature death for women in Canada is heart disease and stroke.*

*Heartandstroke.ca/heartreport, 2018

Donate to Heart & Stroke, and Manulife will match it.*

*from November 12th – December 31st, up to \$150,000.

Donate now

Heartandstroke.ca/wakeup