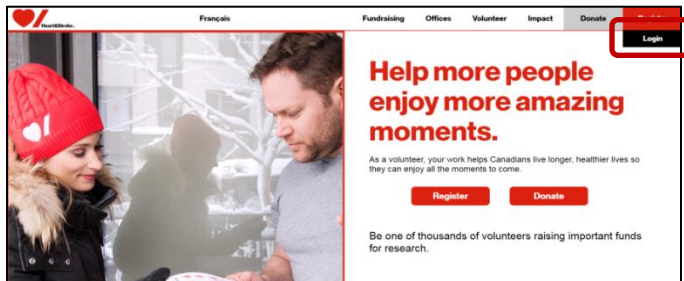




How to log in

Once you have registered online, when you return to the website later you will log in to your **Participant Centre** to send emails and check your progress towards your goal.

1. At www.heartandstroke.ca/help click **Login**.



2. Enter the User Name and Password you created at Registration and click **Login**. The User Name and Password fields are case sensitive.

Login

Login to access your participant centre.
Login to your online fundraising participant centre to send fundraising and thank-you emails, see who has donated to you, and how close you are to your fundraising goal!

* = Required Fields

* User Name:
testlauren

* Password:

Login

If you have trouble logging in, type in your email under **Forgot your user name?** and click **Submit** (even if you are entering your username and password correctly).

Forgot your user name?

Email me my user name

* = Required Fields

* Email:

Submit

3. Click the red button with the name of your region's Heart & Stroke Canvass to access your Participant Centre.

Login

Welcome testlauren13!
If you are not testlauren13 testhunter13, [click here](#).

Click below to Access your Participant Centre

Heart & Stroke Canvass - Fraser Region