

How to raise \$1,000 in 5 days!



Self-donate = \$100

Show your commitment to the Foundation through a \$100 self-donation. Wow your family and friends and set the precedent for them.



Email co-workers = \$500

Ask 5 co-workers to donate \$100 each towards life-saving heart and stroke research.



Globetrotters = \$200

Ask 5 globetrotting friends to support you from across the pond by donating \$40 each.



Fundraise with social = \$100

You raise 42% more when posting on Facebook. Ask 5 of your oldest friends to donate \$20 each.



Family ties = \$100

Ask your family to support research you believe in! Ask 5 family members to donate \$20 each.

Total: \$1,000