

February 1st is the start of Heart Month.

Toys For Tots – please join us as we raise awareness about cardiovascular disease, and reduce the death rate from heart disease, stroke and vascular cognitive impairment (VCI).

In the coming days, we will be providing you with more opportunities to help beat heart disease and stroke. We must remain vigilant because the threat remains urgent: **Heart disease and stroke are the #1 killer globally, and two of the three leading causes of death in Canada. But there is hope.**

It is thanks to YOU that we support world-class breakthrough research that will save more lives than ever before!

Every generous gift you give, every piece of life-saving information you share, helps promote health, save lives, and enhance recovery for people in every community in Canada!

We've made big strides but much more needs to be done. When we beat as one, we accomplish so much more together. We look forward to showing you how in the coming days.

Toys For Tots, I hope that you enjoy reading the heart-healthy tips and updates below.

Thank you in advance for your support! Happy Heart Month!