

#### Connect with Us!









#### Upcoming Events

# January 18: March for Max

Ft. Lauderdale, FL
The 4th annual 5k
walk/run is in honor of
Max, who was born with
HLHS. Proceeds from
the event will benefit
the CHF Florida Chapter.
More information here.

#### January 18: Houtson Marathon

Houston, TX
Support the CHF Texas
Chapter by donating to
Team CHF and its
runners! Donate here.



#### Congenital Heart Walk Year-End Results

The <u>Congenital Heart Walk</u> - a joint effort between the Adult Congenital Heart Association and The Children's Heart Foundation - had a successful year. There were 27 walks across the country with more than 14,000 walkers and over 1,000 teams. The Children's Heart Foundation received 50% of the funds raised by the 2014 Congenital Heart Walks, which was **over \$600,000**!

Thank you to everyone who participated, volunteered, or donated to a Congenital Heart Walk in 2014. Without you, the walks would not be as successful as they are today.

We look forward to another great year in 2015! The season will kick off on March 7th at the <u>Central Texas Congenital Heart Walk</u> in Round Rock, Texas. <u>Click here</u> for more upcoming walk dates and check back often as more will be added!





The Children's Heart Foundation (CHF) is the nation's leading organization solely committed to funding Congenital Heart Defect (CHD) research.

CHF's mission is to fund the most promising research to advance the diagnosis, treatment, and prevention of CHDs.

Our goal is to bring health, hope, and happiness to children and families impacted by CHDs.

#### Donate Now!



# CHD: A Parent's Perspective

"We have to fund CHD research, otherwise the miracles of tomorrow don't get to happen". The video, "CHD: A Parent's perspective", by The Children's Heart Foundation Illinois Chapter, debuted at the inaugural Red Tie Ball in Chicago. It features the stories of three CHD parents and emphasizes the importance of funding CHD research. Each of them explains how important research is and what it means for the futures of their children, and other children like them.

This is why The Children's Heart Foundation dedicates itself to funding the most promising research to advance the diagnosis, treatment, and prevention of CHDs. Watch the powerful video here: https://www.youtube.com/watch?v=zIiz6DYFsVU#t=71



### Change My Heart 2015

Want to spread awareness and raise funds for CHD research in February - Heart Awareness Month? Then Change My Heart is perfect for you! Change My Heart (CMH) is a fun and easy way to raise funds for CHD research.

Join us during CHD awareness week - February 7th - 14th - by holding a CMH fundraiser of your own! This is designed to be a week long fundraiser dedicated to collecting donations in your school, classroom, workplace, or throughout your community! If you can't participate this week, pick a different time in February or throughout the year! The fundraiser can be as simple or creative as you'd like to make it! Place a collection container in your classroom or a local restaurant and let it fill up, or incorporate fun activities to go along with it!

If you are interested in learning more about Change My Heart or are interested in holding a CMH fundraiser, please contact Tina Larson at <a href="mailto:tlarson@childrenshearfoundation.org">tlarson@childrenshearfoundation.org</a>.

