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GET READY TO PUT YOUR HEARTS INTO IT! Proclamation of Heart Month - February 2009

Parksville, BC – The Mayor of the City of Parksville has proclaimed February as "Heart Month" in the City of Parksville. During February each year, the Heart and Stroke Foundation and locally through the Vancouver Island/Powell River/Gulf Islands office, celebrates Heart Month by holding its door-to-door fundraising campaign, a concept adopted in British Columbia in the mid 1950s.

Heart disease and stroke is responsible for 1 in 3 Canadian deaths every year. The February Heart Month campaign allows the Heart and Stroke Foundation to continue critical research, fund new lifesaving initiatives and educate the public to prevent and reduce death and disability from heart disease and stroke.

During February, the Heart and Stroke Foundation relies on the dedication of volunteers who selflessly give their time by canvassing their neighbourhood to collect donations to help reach annual fundraising goals. The goal for 2009 of over \$7 million will be raised by more than 130,000 volunteers from communities across British Columbia, Ontario, Nova Scotia and Saskatchewan.

The City of Parksville is pleased to recognize the significance of Heart Month said Mayor Ed Mayne, "This campaign mobilizes Canadians to rally together to raise awareness and provide funds that have an enormous impact on the lives of not just heart and stroke patients but everyone."

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For more information:

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