



## READY TO FUNDRAISE?

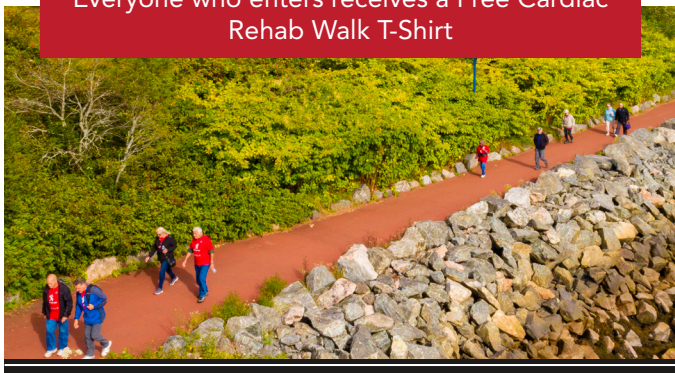
Collect pledges or make a gift online to support the Cardiac & Pulmonary Rehabilitation Program.



Scan the QR code and visit [thegive.ca/cardiacrehabsj](http://thegive.ca/cardiacrehabsj) to get started!

# TOP 10 FUNDRAISERS GUARANTEED A PRIZE

Everyone who enters receives a Free Cardiac Rehab Walk T-Shirt



To donate any time or to obtain a pledge form, call 648-6400 or visit [thegive.ca/cardiacrehabsj/](http://thegive.ca/cardiacrehabsj/)

LOCAL SPONSORS



NEW BRUNSWICK HEART CENTRE  
CENTRE CARDIAQUE DU NOUVEAU-BRUNSWICK



# CARDIAC REHAB WALK



## SAINT JOHN CARDIAC REHAB WALK

SATURDAY, SEPTEMBER 9TH, 2023  
REGISTRATION IN MARKET SQUARE ATRIUM

8:30AM - 10:00AM

[www.thegive.ca/cardiacrehabsj/](http://www.thegive.ca/cardiacrehabsj/)

## SUSSEX CARDIAC REHAB WALK

SATURDAY, OCTOBER 14TH, 2023  
REGISTRATION AT NUTRIEN CIVIC CENTRE

8:30AM - 10:00AM

[www.thegive.ca/cardiacrehabsussex/](http://www.thegive.ca/cardiacrehabsussex/)





## CARDIAC REHAB WALK

### Saint John

Market Square Atrium (near the fountain)  
Saturday, September 9th, 2023

### Sussex

Nutrien Civic Centre  
Saturday, October 14th, 2023

## SCHEDULE OF EVENTS

*(Rain or Shine)*

### Registration and Complimentary Refreshments

8:30am - 10:00am

**SAINT JOHN** - Walk/Run Along Harbour Passage  
10:00am - 11:30am

**SUSSEX** - Walk along Sunny Side Park  
10:00am - 11:30am

### Reception & Prizes - 11:30am - 1:00 pm

There will be Top 10 fundraiser prizes and many others drawn at the reception. Many local supporters have donated prizes.

Join the fun!

## CARDIAC REHAB WALK

The Cardiac Rehab Walk supports Horizon's Cardiovascular Health and Wellness program by drawing on community generosity to fund staff development, equipment purchases, and professional growth opportunities.

Murray Gilchrist, having undergone cardiac surgery and rehabilitation, has been the top fundraiser for 16 years, raising over \$100,000. He encourages others to challenge his position and start fundraising today.

**This is your sign, to start fundraising for the Cardiac Rehab program!**

“On behalf of the cardiovascular health and wellness program I would like to let Mr. Murray Gilchrist know how much he matters to our program and want to thank him for his generous gift of time and devotion to our cause. We thank everyone- all pledges made through the Saint John area- for their continued support. Through Murray's endeavour, our program has seen many lives changed for the better.

-Billie-Jo Mabey, Manager Cardiovascular Health and Wellness Program

