

Hi Friends and Family,

I am partnering with Stanford Medicine by participating in the [My Heart Counts 5K & 10K](https://myheartcountsrun.org/). I am raising funds to support great causes such as:

* Education and screening programs for heart disease
* Providing heart disease tests for those in need
* Advancing cutting-edge research to prevent or cure heart diseases that still take too many, too early

I invite you to help by:

[Registering](https://raceroster.com/events/2022/53987/2022-stanford-medicine-my-heart-counts-5k10kkids-fun-run) and joining my team!

Helping me to reach my goal of $\_\_\_\_\_\_. You can donate now on my team page. You can give with any major credit card and it only takes a few seconds.

Thank you for joining me in this amazing cause dear to my heart!