



My Heart Counts

5k & Kids Fun Run

Hi Friends and Family,

I am partnering with Stanford Medicine by participating in the [My Heart Counts 5K](#). 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:

Donating to my fundraising page here (insert your page link) Help me to reach my goal of \$_____. 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!