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!