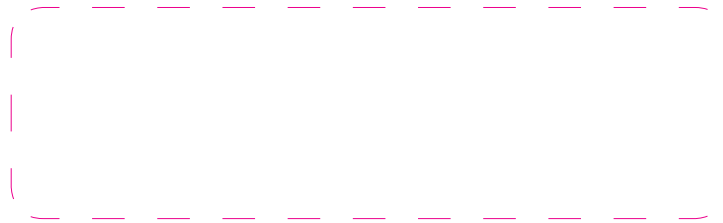




*Your Gift From the Heart Touches
the Very Heart of This Community.*

Your dollars help people like Emily who at age 63 had lost her full-time job and healthcare benefits. Experiencing chest pain but unable to afford a physician visit, Emily attended a foundation screening and risk assessment which identified her as high risk for heart disease. Thanks to the commitment of our trained volunteers, healthcare resources were identified to help Emily receive the care she needed before she experienced a heart attack.

Your donation will help someone like Larry, who at age 54 lost his job and healthcare due to company closure. Through the Foundations participation in a local community health fair, Larry was able to receive a free heart risk assessment, cholesterol and diabetes screening. Learning that he was borderline diabetic was frightening. But the education provided by the foundation gave him the tools to make lifestyle changes to prevent himself from becoming diabetic. All he needed was a little help from a friend.



Fox Valley Heart Foundation
2088 Ogden Avenue, Suite 170
Aurora, IL 60504



Family, friends, neighbors, co-workers

*With your support we can help them overcome their risk
of heart disease and lead them to healthier, happier lives.*



**Fox Valley
Heart Foundation**

*For women and men in our community,
heart disease is the leading cause of death.
Together we can change that.*



Fox Valley Heart Foundation is a non-for-profit organization dedicated to promoting cardiovascular health while reducing gender and economic disparity. Founded originally for the unique needs of women, the Foundation now serves both men and women—helping them to overcome the challenges and barriers they face to living healthier lives and to share that information with others.

With your support, we are able to provide a variety of outreach programs in our area, including:

Heart Risk Profile and Screening Initiative: Since 2004, over 10,000 free heart risk profiles have been distributed to in the community as a first step in awareness and education regarding personal heart health risk. Each completed profile generates a personal report that identifies individual cardiovascular risk. To compliment this effort, cholesterol screenings are made available.

Fox Valley Heart Foundation Nursing Scholarships & Recognition: We believe in empowering and encouraging local students to pursue healthcare careers. Given the right resources, these young adults can impact their lives, their families, and their communities in meaningful ways. Each year, \$6000 is awarded to local nursing program recipients to help realize their nursing goals. In addition, each year the Foundation Recognition Award is presented to community members who show outstanding efforts in furthering our cause.

Heart Sisters Education and Support Group: This empowered group of women heart disease survivors provides a relaxed, confidential outlet for women to share thoughts and feelings with other women coping with heart related issues. They are active in community education, reaching out to new heart patients in the hospital and raising awareness.

Annual Women's Heart Symposium: This annual event, now in its seventh year, attracts over 200 health care professionals, providing dialogue with some of the country's leading experts

on the most current issues related to heart disease prevention, diagnosis, and treatment. When necessary, it provides gender specific scientific information for healthcare providers to assure equality in the delivery of healthcare. The Foundation in collaboration with local hospitals provides leadership to assure the symposium content provides up-to-date, relevant information based on national guidelines for patient care.

Fox Valley Heart Foundation Website: Offering access to cardiovascular disease education and prevention information as well as a free personalized heart risk profile. The website provides links to nationally recognized heart disease prevention organizations as well as national guidelines for prevention and treatment.

Community Education: Fox Valley Heart Foundation maintains a speakers bureau of healthcare providers who can provide life saving education on lifestyle and disease management including diet, exercise, and weight control. Speakers are available for a variety of community venues including local churches, schools, community organization, park district facilities, large retailers, and corporate sites.

Cardiovascular Services for the Underserved: Fox Valley Heart Foundation works with local Federally Qualified Healthcare Providers to provide cardiovascular services for those less fortunate in our community. In 2009, the Foundation initiated a cardiovascular clinic allowing access to specialist consultation for the uninsured and underinsured population.

Right Here, Right Now, We are Making a Difference. You Can, Too. With your charitable donation, we can help your family, friends and neighbors overcome their risk of heart disease and lead them to healthier, happier lives.

Find out more online at
foxvalleyheartfoundation.org



To donate to the Fox Valley Heart Foundation please provide the following information.

YOUR INFORMATION

First Name: _____ M.I.: _____
 Last Name: _____
 Address _____
 City: _____
 State: _____ Zip Code: _____
 Phone: _____
 Email: _____

Please return this form with payment to:
 Fox Valley Heart Foundation
 2088 Ogden Avenue, Suite 170
 Aurora, IL 60504

DONATIONS

Please check the amount you would like to donate.

\$15 \$25 \$50 \$100 \$200 \$500

Please check here if you would like to make an annual donation

Please choose your payment method

Personal Check (Payable to Fox Valley Heart Foundation)

Cash Donation

Visa MasterCard Discover American Express

Credit Card Number: _____

Expiration Date: ____/____

Billing Address Line

Address _____

City: _____

State: _____ Zip Code: _____