

Heart&Stroke
Row
for
Heart

Hosted by



www.guelphrowing.ca

Join the Wellington Dufferin Heart and Stroke Foundation in partnership with the Guelph Rowing Club for a unique, active and fun filled rowing adventure! Put your heart into helping protect the hearts and health of your community.

- Ages 18 and up, no previous experience necessary
- Register as a group or as an individual and we will place you with a crew
- Lessons begin the week of June 6th 2011 and are available either mornings or evenings twice a week for four weeks
- Four 1/2 day weekend sessions also available
- Showcase your skills at the Annual Row for Heart Regatta & BBQ on Saturday July 9th 2011
- New rowers will have the option to join the novice program for the remainder of the season
- Lessons take place at the Guelph Rowing Club on Guelph Lake
- Registration is limited... don't miss out as spots book FAST!

Lesson fee required plus a minimum of \$50 fundraising in support of the Wellington/Dufferin Heart and Stroke Foundation

To register or for more information

call Gina at (519) 837-4858 or email gsweet@hsf.on.ca

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SEE WHAT HAPPENS WHEN YOU PUT YOUR HEART INTO IT.™

Finding answers. For life.