



Irish Heart
Foundation

Inspire and **engage**
your workplace this
Valentine's with our
virtual Love Run!

FEBRUARY 2022

www.irishheart.ie



What is the Love Run?



A **virtual 5k walk or run** that takes place on **Valentine's Weekend**



Track your distance with your preferred distance tracker



Join thousands of people from workplaces across Ireland in running and walking for people affected by heart disease and stroke



Raise funds for colleagues or people in your community who are living with a heart condition or the effects from stroke



Most importantly it is a FUN way to celebrate Valentine's Weekend!

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Are you and your colleagues ready for the **Love Run**?



Bring your workplace together for a fun and **engaging event** for all staff, whether they are working remotely or on site



Tie into your **January health and wellbeing** activities and support mental health



Raise funds to support those living with heart conditions and effects of stroke in your community.

Your workplace will be in good company

Some of the companies who participated in 2021

- ♥ Accenture
- ♥ AstraZeneca
- ♥ CarePlus Pharmacy
- ♥ Dromone Engineering
- ♥ Smurfit Kappa



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What you and your colleagues will receive



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Teammates

- ♥ Every colleague who registers will receive a **Love Run pack**, which includes a red beanie and lots of tips and tricks to train and fundraise.
- ♥ Colleagues will receive training emails from the Irish Heart Foundation Love Run team.



Workplace or team leader

- ♥ Virtual pack of **heart health and wellness literature** you can share with your teammates or wider workplace.
- ♥ Guide to setting up your company's **JustGiving fundraising page**.
- ♥ We will send you impact stories and **information on our services**, which you can share to motivate and inform your teammates.
- ♥ **Valentine's e-card** for your colleagues which you can personalise with your workplace's logo and message.

JustGiving™



How to Register

We offer different ways for workplaces to register teams of colleagues for the **Love Run**.



Team members can pay their own individual registration fee by registering on Eventbrite.



Your workplace can pay the registration fee for all colleagues taking part and arrange payment directly with us.



Colleagues can use their company **volunteering hours** to take part in the Love Run.



Registration Fee

€25



By taking part in the **Love Run**, you and your colleagues will ensure that we can continue to provide vital services such as **life-saving CPR training** and **support groups** for people living with life-threatening heart conditions and stroke.



Expert Nurse
Support Line



Heart and Stroke
Support Groups



Online communities for
patients to connect
with each other



CPR training



Confidential
counselling



Primary and secondary
school health and
wellness programmes

You're helping people like:



Ciaran had three heart attacks under the age of 30, and following persistent chest pain, vision difficulties and breathlessness had stents inserted to clear a major blockage in his coronary artery.



Karen is living with heart failure and following emergency stenting and the insertion of an ICD is impacted physically and psychologically.



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If you have any questions about the Love Run or would like to register, please contact our workplace team.



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