

## CARDIAC CLASSIC GOLF TOURNAMENT

WEDNESDAY, AUGUST 4<sup>TH</sup>, 2010

I'm entering as an individual. Please put me with a Foursome.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (B) \_\_\_\_\_

Fee: \$175.00 single  Cheque  Visa  Mastercard

Card # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_

I am entering as a Team.

Team Captain:

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (B) \_\_\_\_\_

Player # 2: \_\_\_\_\_

Player # 3: \_\_\_\_\_

Player # 4: \_\_\_\_\_

Fee: \$175.00 single or \$700.00 foursome

Captain:  Cheque  Visa  Mastercard

Card # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_

Player#2  Cheque  Visa  Mastercard

Card # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_

Player#3  Cheque  Visa  Mastercard

Card # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_

Player#4  Cheque  Visa  Mastercard

Card # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_

Yes, I want to sponsor a hole. (see attached letter)

Cheque  Visa  Mastercard

Card # \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_

Name on Card \_\_\_\_\_

Please make all cheques payable to:  
Cardiac Health Foundation of Canada

I can't attend, but I would like to make a donation of  
\$ \_\_\_\_\_

Please mail or fax registration to:  
Cardiac Health Foundation of Canada  
901 Lawrence Ave. West, Suite 306,  
Toronto, Ontario M6A 1C3

Tel: 416 730 8299 Fax: 416 730 0421

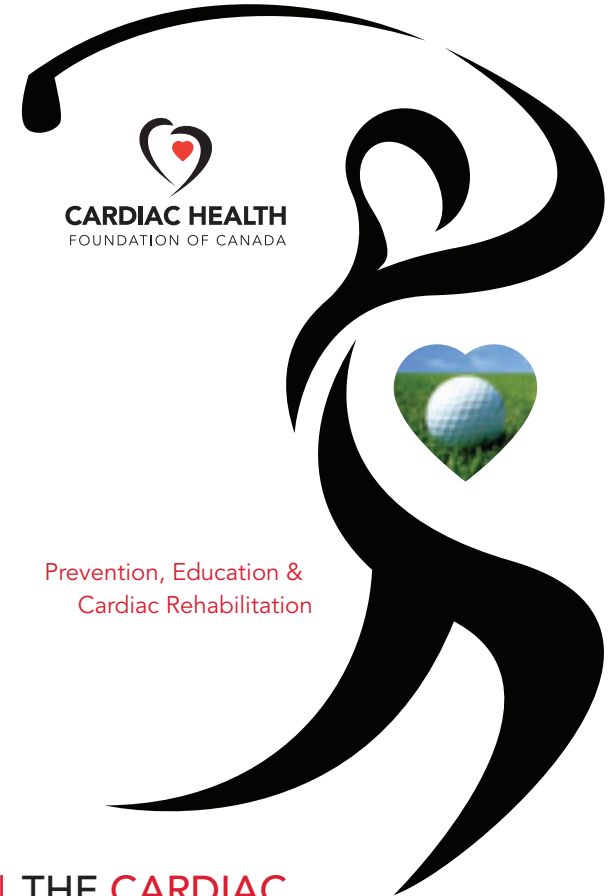
OUR SINCERE THANKS TO THE FOLLOWING  
SPONSORS AND THE MANY OTHERS WHO HELP  
MAKE THIS EVENT SUCH A SUCCESS.

- **TRIDEL**
- DELTERA
- DORSAY DEVELOPMENT CORPORATION
- WALKER, NOTT, DRAGICEVIC
- KIRKOR ARCHITECTS
- NETWORK MECHANICAL INC.
- HULLMARK DEVELOPMENTS LTD.
- BOUSFIELDS INC.
- BURKA ARCHITECTS
- THE MBTW GROUP
- McCARTHY, TETRAULT
- WHIRLPOOL CANADA
- DRIVE AGENCY

Our sincere apologies to any donor whose name does not appear in this brochure due to printing deadlines.



**CARDIAC HEALTH** | **CLASSIC GOLF**  
FOUNDATION OF CANADA | **TOURNAMENT**



## THE CARDIAC CLASSIC GOLF TOURNAMENT

ALL INCLUSIVE GOLF DAY

**CARDINAL GOLF CLUB, 18 HOLES**

**WEDNESDAY AUGUST 4<sup>TH</sup>, 2010**

2740 Hwy 9, (East of Hwy 400)

Kettleby, ON L0G 1G0

905.841.7378

Register at  
416.730.8299



YOUR ENTRY FEE INCLUDES A CART LUNCH, DINNER, GOLF CART AND A GRAB BAG FOR ALL PLAYERS.

## AGENDA

10:30 a.m. to 11:45 a.m. Registration

12 p.m. Sharp-Shotgun Start  
(Cart Lunch Included)

6 p.m. Reception and Light Refreshments  
(Cash Bar)

7 p.m. Dinner, Presentations, and Raffles

IMPORTANT – PLEASE NOTE  
PLAYERS MUST USE SOFT SPIKES ONLY.

## COST

\$175 per person payable to:  
Cardiac Health Foundation of Canada

## CARDIAC HEALTH FOUNDATION OF CANADA

Founded in 1965, the newly re-branded CARDIAC HEALTH FOUNDATION OF CANADA (formerly called the Canadian Cardiac Rehabilitation Foundation) is a charitable organization dedicated to supporting cardiac rehabilitation and the advocacy of prevention and education across Canada. Since inception, over \$9 million has been raised, and our new positive approach to heart health is part of our campaign to continue to raise funds for cardiac rehabilitation programs, facilities, medical equipment, research scholarships and professional and public awareness across Canada.

Heart disease is still the number one cause of premature death in Canada, killing 80,000 Canadians and costing Canadian health systems \$18.5 billion each year. An aging population, smoking, poor diet and a decreasing physical activity are contributing factors to heart disease. Increasingly, it is the lack of physical activity that is causing poor heart health in Canadians. This is most apparent in youth,

whose physical inactivity is putting them at increased risk for heart disease. In fact, this is the first generation of Canadians who may not outlive their parents.

Dr. Terence Kavanagh developed his unique exercise based cardiac disease rehabilitation program in 1968, which has saved the lives of thousands of Canadians suffering from heart disease. He is a world renowned cardiac rehabilitation specialist, living legend and also a medical consultant to the Cardiac Health Foundation.

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***Dr. Kavanagh states that, "Canadians lead a sedentary lifestyle, putting them at increased risk for Heart disease. Moderate exercise, like walking, about 30 minutes a day can significantly reduce this risk and rehabilitate people who are suffering from the disease".***

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Walking is the preferred way to stay fit. It is the proven way to keep your heart healthy. Over forty years ago, Dr. Terry Kavanagh used walking as a way of helping Heart attack patients regain full health... and cardiac rehabilitation still relies on walking to this day.