



*Your Support Matters*

Heart House Hospice is a not-for-profit, volunteer based organization providing in home support and a variety of individual and group programs to people and their families living with a life threatening or terminal illness.

Trained community volunteers, with the supervision of professional Heart House Hospice staff, deliver services to clients, their caregivers and families. Since its establishment in 1985, Heart House Hospice has served over 9,500 terminally ill and over 26,000 family members in Mississauga and Brampton.



*In Support of*



**Heart House Hospice**

**1- 855 Matheson Blvd. East**

**Mississauga, ON**

**L4W 4L6**

**Phone: 905-712-8119**

**Fax: 905-712-4029**

**[www.hearthousehospice.com](http://www.hearthousehospice.com)**

**Email: [info@hearthousehospice.com](mailto:info@hearthousehospice.com)**



**Hike for  
Heart House Hospice**



**WHO ARE YOU HIKING FOR?**

**Sunday, May 2nd, 2010**

**Mississauga Valley Park**

**3 KM and 5 KM Hike**

*HIKE WITH HEART*



## How To help!

### Step 1:

Decide if you will be walking as a family group, a team or as an individual.

### Step 2: Register

This is How:



### Online

**Visit: [www.hearthousehospice.com](http://www.hearthousehospice.com)**

Then link to the "Hike for Hospice" to set up your own personal page. You can even upload a photo and tell a story about your participation with Hospice. Then email everyone you know and ask them to visit your page and support you.

OR

### By Contacting Hospice:

Call the Heart House Hospice at 905-712-8119 ext. 234 and register.

### Step 3: Collect Pledges

Set a goal for yourself and ask everyone you know to pledge for you. Spread the word about Hospice Care and let everyone know how important these services are to our community.

Individual, family, and team prizes will given to the to the individual or group who raises the most money!!! \$10 Registration fee for people 13 and over.



### Step 4:

Hike and have FUN!



"Heart House Hospice provides an invaluable service to the families of Mississauga. I am delighted to be able to join them as a participant in the Hike for Hospice. I would like to extend my sincere thanks to everyone at the Heart House Hospice for inviting me to be a part of this very important event."

-Peter Fonseca, MPP,  
Mississauga East-Cooksville

### *Our Sponsors*



## WHO ARE YOU HIKING FOR?

On **Sunday, May 2nd, 2010** bring your family & friends to **Mississauga Valley Park** for a **3 KM and 5 KM** walk through the woods and help us to raise money and increase awareness for Hospice services in your community.

It will be a wonderful day which will include a catered lunch, prizes, and face painting for the kids. Strollers are welcome. Feel free to bring your dog!

**The first 150 people to register on Hike Day will receive a Hiker Pack!!**

REGISTRATION: 9:30am-10:40am  
WARM UP: 10:45AM  
HIKE BEGINS: 11:00am  
LUNCH: 12:15pm  
ENTERTAINMENT  
& CLOSING REMARKS: 1:30PM

### **Mississauga Valley Park Area A**

1275 Mississauga Valley Blvd.

-From Hurontario Street (Highway 10)

turn east on Burnhamthorpe Road

-Turn right on Arista Way

-Turn left on Mississauga Valley Blvd.

-Parking is located to the rear parking lot right side of the Recreation Centre.

-Follow Hike for Hospice signs to Area A



**Canadian Hospice Palliative Care Association**  
Association canadienne de soins palliatifs

Photographs by Donna Santos Photography