



Go Red in Feb 2024.

Your support this Heart Month could help protect the hearts of those you love and give more people the best chance of a happy, healthy future.

Take on a personal challenge for Heart Month or get your club involved. From walking football matches to five-a-sides, 'beat' the goalie competitions, or fun-filled events for the whole family. Go red, any day, your way and help fund lifesaving heart research.

Last year, The Wold Wanderers held a friendly match day with a raffle & auction and proudly raised £1,200. Join us this February and go red!



Contact your local Fundraising Manager

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#HEARTMONTH

www.bhf.org.uk/heartmonth

