

Hey Ottawa! Let's **#LightTheCapitalRed** this February!

Your Institute. Your heart. Our future—together.



This February, the **Light the Capital Red** initiative returns. Help amplify and highlight the importance of the Institute's work by lighting up your windows, homes, and businesses **with a red glow** across Ottawa.

We've started a movement with heart. As a community, you are the pulse, the beat that makes things happen.

Lighting the Capital Red is now easier than ever! Visit Preston Hardware for discounted red porch and flood lights – they've got everything you need to make it happen.

How you can participate:

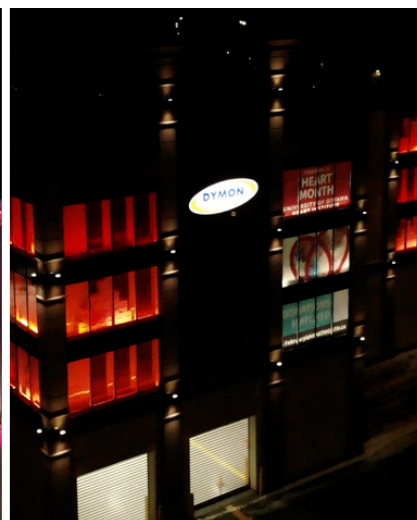
- Illuminate your home or business in red for the entire month of February. Get creative! We suggest red LED light bulbs, red floodlights, a neon heart-shaped light in your window or even repurposing your holiday lighting!
- Tag us on social media and show us how you've 'lit up red.'
- Please reach out and confirm your participation via email to vgomes@ottawaheart.ca.
- We will provide you with a Light the Capital Red poster, (for businesses only), to proudly display in your window. (**Digital copy - click here!**) - Printed versions are available at the Foundation office).

Facebook: @HeartInstituteFoundation

Instagram: @HeartInstituteFoundation

Twitter: @HeartFDN

#LightTheCapitalRed



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