

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

Your heart. Your Institute. Our future—together.

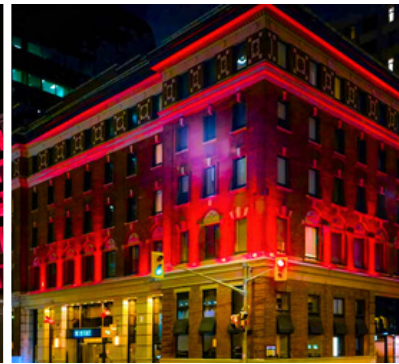
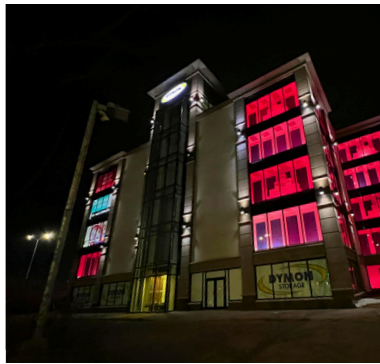


This February, the **Light the Capital Red** initiative returns. Honouring the Heart Institute's hard work and the many patients who have passed through its doors by lighting windows red across Ottawa.

We've started a movement with heart. As a community, you are the pulse, the beat that makes things 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 OGrebe@ottawaheart.ca.
- Once the posters are ready, we will provide you with a Light the Capital Red poster (for businesses only) to proudly display in your window. Printed versions will be available at the Foundation office.



Facebook: @HeartInstituteFoundation | Instagram: @HeartInstituteFoundation | X: @HeartFDN | #LightTheCapitalRed

Contact: Olivia Grebe | Community Engagement Officer
T: 613-696-7000 ext.15954 | OGrebe@ottawaheart.ca | Heart Institute Foundation

FEBRUARYISHEARTMONTH.CA