

East
Midlands

Designer Outlet



children's heart
FEDERATION

Travel a Sponsored Mile and become the 1 in 133

1 in every 133 children is born with a heart condition.

Children's Heart Federation trustee Paul Willgoss was one of this number and has recently covered over 1500 miles across the UK in support of our organisation.

For the last part of his challenge we need your help.

Can you become the **1 in 133** by covering your own sponsored mile to help change the life of a heart child?

Join CHF at the East Midlands Designer Outlet Centre for the big 1 in 133 finale on the 3rd and 4th of July 2010, where we will be counting down our final challenge miles with the help of any willing volunteers.

Just think of how much fun you could have over a sponsored mile; you could run, hold an egg and spoon race or even travel by space-hopper. Maybe your work or school could think of a fun way to cover a team mile? Get creative with your mile for a fun and simple way to help make a major difference to the life of a heart child.

To tell us about your mile or to find out more about the big finale visit:

www.chfed.org.uk/1in133



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