**Media Alert**

**The Big Heart Appeal – Big Heart Day**

<*Name of your early learning service*> are holding a Big Heart Day on <*date*> February 2023 to learn what it means to have a healthy heart for life and at the same time raise funds to support life-saving heart research.

For our Big Heart Day we are going to:

* <*details of your day*>
* <*details of your day*>
* <*details of your day*>
* <*details of your day*>
* <*details of your day*>

We are having a Big Heart Day because we:

* want to spread the word about being healthy
* would like to contribute to the Heart Foundation’s vital work
* can celebrate Valentine’s Day at the same time
* are learning about keeping our hearts healthy
* want to inspire our families to eat tasty and healthy food
* could win some awesome prizes
* <*other*>
* <*other*>

We would love for you to join us at our Big Heart Day. Please help us to let the community know what we are doing to promote healthy hearts and the vital work of the Heart Foundation.

* <*date*>
* <*time*>
* <*address*>

**Ends**

**For more information, please contact:**

<*xxx*>

**ENDS**

**About the Heart Foundation**

* The Heart Foundation is New Zealand’s heart charity that is leading the fight against heart disease.
* Heart disease is New Zealand’s single biggest killer, claiming the lives of more than 6,500 New Zealanders every year – that’s more than one person every 90 minutes.
* More than 175,000 New Zealanders are currently living with heart disease.
* The Heart Foundation funds cutting-edge research and specialist training for cardiologists, while our education and prevention programmes address heart disease head-on in the community.
* As a charity we rely heavily on the generosity of everyday Kiwis to support our life-saving work.