



# Help me face a fear

Heart and circulatory diseases kill 1 in 4 people in the UK. If we are going to beat heartbreak from these diseases, we need to be brave. Really brave. That's why I'm asking you to sponsor me to face my fear. Please help me turn courage into cash to support lifesaving research!

**Name:**

**My fear:**

**I'll be facing it by:**

**Please sponsor me at: [justgiving.com/yourpage](https://justgiving.com/yourpage)**

**[bhf.org.uk/faceafear](https://bhf.org.uk/faceafear)**

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