



## **SVALA Community Connection Event**

**WE ARE MANNING THE RUN  
REGISTRATION CHECK-IN!**

**Johnson Springview Park  
5480 5th Street - Rocklin**

The Courageous Heart Run & Fun Run is hosted by Mended Little Hearts of Sacramento, an organization that supports children and families impacted by Congenital Heart Disease. The goal of the Run is to raise enough money to provide Bravery Bags for all local children undergoing open heart surgery.

Volunteers will receive T-Shirts! Please send your size when you RSVP to Diane at [dtofft@hugueninkahn.com](mailto:dtofft@hugueninkahn.com)

**Saturday  
October 6  
2018**

**SVALA Start Time  
7:00 am**

**Registration  
8:30 am**

**Family Activities  
9:00 am**

**Fun Run & 5K Run  
10:00 am**

### **Want to support MLH?**

Please send your tax deductible donations, payable to Mended Little Hearts of Sacramento (Federal Tax ID: 04-6073589) to Huguenin Kahn LLP 3741 Douglas Blvd, Ste. 290, Roseville, CA 95661 Attn: Diane Tofft

**RSVP BY: SEPTEMBER 14TH**



## About Bravery Bags

### Bravery Bag Program

Mended Little Hearts (MLH) gives **Bravery Bags** full of toiletries, comfort items, fun items and things to make a hospital stay easier to families in the hospital after their child has heart surgery or a heart procedure. Bravery Bags not only are helpful to families, but they represent hope and courage and create an emotional connection that lasts long past a child's hospital journey. MLH gives more than 5,000 Bravery Bags to families in the hospital **each year**.

### Need for Bravery Bags



About **1 in every 110** babies is born with a heart defect each year (**approximately 40,000**) making it the most common birth defect in the U.S. **Nearly 25%** of these children will need open-heart surgery or other medical intervention to survive. Many times, families find out suddenly about their child's heart defect, and the baby is rushed to a hospital in another city or state for surgery. Parents and families often follow the baby, sometimes with little more than the contents of their wallet or purse. Families tell us how grateful they are to receive a Bravery Bag—they feel like someone cares about them who truly understanding them and knows what they need. Most importantly, the Bravery Bag lets them know they are not alone.

Last year, Mended Little Hearts groups around the nation gave **over 5,500** bags to families. **Our goal is to reach 7,500 in 2018.** Can you help us?

Families who received a Bravery Bag told us:



***"When I got the bag, I cried. It meant so much to know there was someone out there who understood what we were going through and really cared."***

***"We were suddenly sent to a hospital away from home for our daughter's surgery. We were so scared, and we had forgotten to bring things we needed that we found in the bag. We were so grateful."***

***"The bag let us know we were not alone and gave my kids something to do when their brother had surgery. Thank you, Mended Little Hearts."***

Sponsoring our run helps our Bravery Bag Program and help us give some comfort during a time of crisis. It means so much!