



HEART & STROKE FOUNDATION

SKI FOR HEART

20 & 21 January 2017



## 2017 SKI FOR HEART SPECIAL GUESTS



### Honourary Co-Chairs Denny Morrison and Josie Spence

In April this year, Olympic speed skating multi-medalist Denny Morrison was spending down time with fellow speed skater Josie Spence – for this super couple, downtime is a 25-day, 1200-km bike ride from Mexico to Utah! They stopped for a breather before heading home to Alberta, and that's when things took a different turn: Denny suffered a stroke.

Josie knew the signs of stroke, so she insisted that he had to go to the hospital. Denny is on the road to recovery, but just six months after his stroke, he's competing again. And he's set a new personal best, and has another World Cup medal under his belt!

Denny Morrison and Josie Spence are our 2017 Ski for Heart Honourary Co-Chairs! You can meet Denny and Josie, skate with them on the lake on Saturday afternoon, and hear their story first-hand at the Apres Ski.



### Heart & Stroke Researcher Dr. Michael Hill

Dr. Michael Hill, Heart & Stroke Professor in Stroke Research at the University of Calgary, is a stroke researcher and clinician who is dedicated to improving care and outcomes for stroke patients around the world. As

Denny Morrison's doctor, Dr. Hill has overseen Denny's treatment and recovery since he returned to Calgary.

Meet Dr. Hill and hear his insights in stroke treatment, care and research.



### Heart Disease Survivor Cynthia Culhane

Cynthia Culhane does not look like someone living with heart disease. At 44 years old, she was an active, health conscious mother of four with a busy life as a REALTOR® and yoga instructor. After an annual visit to her doctor and a

round of routine tests, Cynthia was startled to learn there was damage to her heart muscle – her heart was pumping at about 38 per cent of what it should be. Cynthia will share the story of her journey with heart disease, and the impact of research in her life, at Ski for Heart.

### Our Fabulous Emcees!

We are so happy to announce that Calgary CTV legend Darrel Janz will return this year as co-emcee for our Apès Ski! Darrell will be joined by Okotoks radio host Jayme Hall, who debuted as the Ski for Heart emcee last year. Thank you to Jayme and Darrel for teaming up to support our event this year!