Become a Champion4Change

Share your story and walk together with other mob to create change

What is Champions4Change?

Champions4Change is a First Nations–led national program bringing together **people with lived experience of acute rheumatic fever (ARF) and rheumatic heart disease (RHD)**, including carers, to help:

- **Raise awareness**
- **Improve care**
- **Create change for our mob**

What's deadly about being a Champion?

- Being part of a strong Champion community
- Sharing your story your way
- Supporting family, community, and others to understand ARF and RHD
- Helping to shape resources and programs

This is a volunteer role. Champions choose how much time to give and which activities to join.



> "Champions4Change means walking together with people who understand, and knowing our lived experience can help create change."

Want to be a **Champion4Change**?
Scan to learn more

Email **firstnations@heartfoundation.org.au** or call **0455 408 330**

HH-PRISK-1271.0626

CHAMPIONS CHANGE 4

Heart Foundation