



SHAPE America and the American Heart Association collaborate on the Jump Rope For Heart and Hoops For Heart programs.

You're Invited to Help Save Lives!



WHO: All Students with Heart @ **Howard Elementary School**

WHAT: Jump Rope for Heart Event

WHEN: March 19-23rd

WHERE: In the gym during class

WHY: To have fun and learn how to live a heart healthy lifestyle.

Please return donation envelopes by: Friday, March 23rd, 2018

- The donations our school raises will help fund lifesaving research, medicines and treatments for heart disease and stroke, our nation's # 1 and # 4 killers.
- Donations also fund prevention & awareness materials that teach your kids the importance of heart health and nutrition. Our school also receives PE equipment.

Raise money online by <http://www2.heart.org/goto/Howard-HowardSuamico>

It's fun, quick and EASY!! Ask everyone you know for donations by creating one simple e-mail, Facebook, Twitter or download the **FREE phone App**. Search for **American Heart Association** then find **Jump/Hoops App**. Check with your employer for matching gift forms to double donations. Please make checks payable to the **American Heart Association**

Raise \$20 and you get a 30 minute pass to Extreme Air. Raise \$40 online and get 2 hours for the price of 1.



Sincerely,

Ms. Staci Demerath

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