



Washington Elementary is participating in KID'S HEART CHALLENGE



Be a WARRIOR
for
Heart Health



- Your Child will be learning about health and wellness concepts to prevent Heart Disease and Stroke. (#1 Cause of Death)
- Your Child will be encouraged to “Do a Good Deed” and take a Healthy Challenge.
- And your Child will learn how a simple donation can save a life, possibly someone in their own family or community.

- Donations Raised for the Heart Association funds life saving research for Heart Disease and Stroke.
- **The Heart Association gives back to schools! Washington Elementary can earn PE equipment through your donations raised! You are saving lives and helping your school with their PE program.**
- Please make all checks payable to the American Heart Association.

HEART HERO INCENTIVES:

Southern Illinois Miners Night: Any hero who raises \$15 will receive a voucher for 2 general admission tickets to the Southern Illinois Miners American Heart ballgame in the spring. You will receive your voucher after spring break. The game will be in the spring of 2019.

Let's do our part: - take a health challenge, save a life with a donation and do a good deed! Let's Be HEART HEROES!

Mr. Colboth

