

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! Jump Rope For Heart



Meet the **SCARE SQUAD!**
Join Them on the Prowl for Heart Health!

WHO: All Students with Heart

WHAT: Jump Rope For Heart Event

WHEN: Wednesday, March 21st

WHERE: In the gym during PE Classes

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

Please return donations by: Friday, March 16th

- Millions of Americans live with heart disease, stroke or a cardiovascular conditions. Your donations will help us save and improve their lives with research, education and treatments.
- Help achieve our goal of growing heart-healthy habits and potentially helping to save hundreds of lives this year! Every donation makes a difference to the AHA's lifesaving mission. With your donations, our school can also earn PE equipment!

Raise online donations at:

<http://www2.heart.org/goto/palmyraelementary>

Download the Jump/Hoops app and TEXT or EMAIL for donations! The app brings the monsters to life!

Register online and take a heart healthy challenge and receive a glow-in-the-dark wristband. See backside for more details.

Check with your employer for matching gift forms to double donations.

2017-2018 Incentives:

Raise \$10- get free Milw Bucks Tix.

Top 3 students get VIP pass to Milwaukee Bucks pre-game clinic. Raise \$100 ONLINE to receive Extra Large Jax Plush.

When 25% of our students Register online & accept the challenge to be heart-healthy...ALL students will receive a mystery prize!

Thank you!

Tom Davey, Physical Education