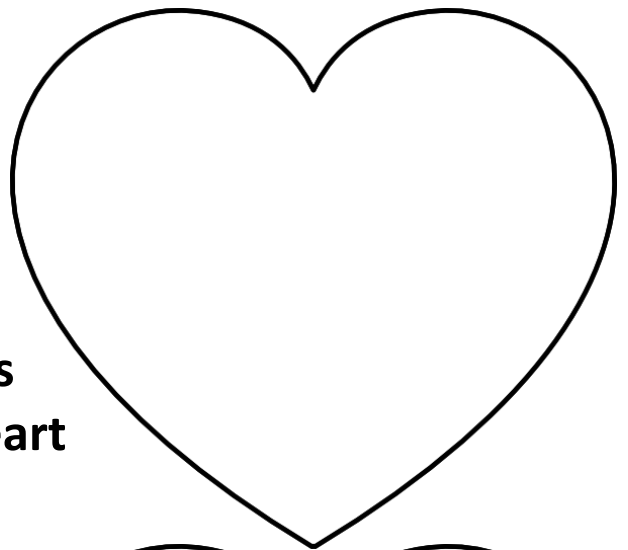
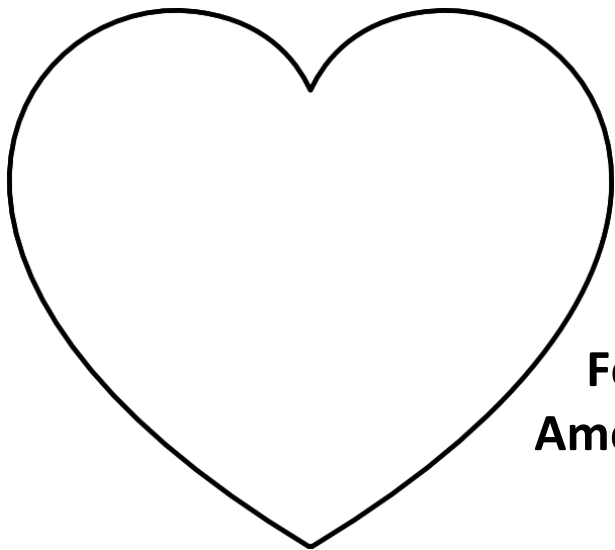


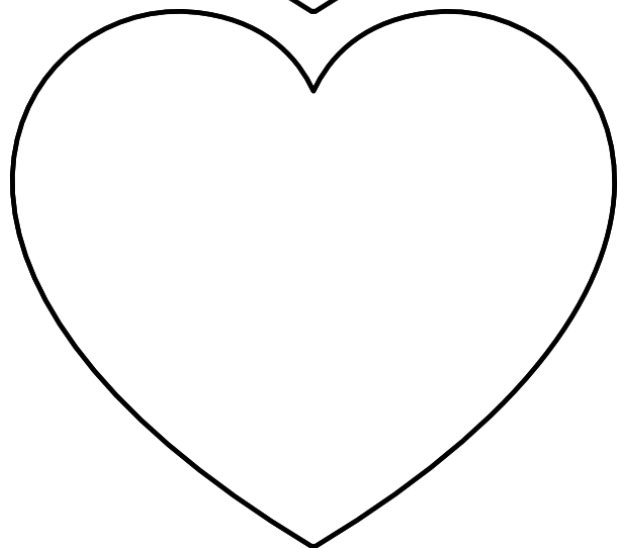
Zervas Walk to School for Heart Health

February 9-13



**February is
American Heart
Month!**

Decorate a heart and write something you do to stay healthy. Bring one with you every day you **walk to school the week of Feb 9-13** and post it on the wall outside Nurse Deana's office. Let's plaster the wall with our healthy habits!



Examples: ate a healthy breakfast, tried a new vegetable, played basketball, walked to school, danced with friends, ice skated, etc...

