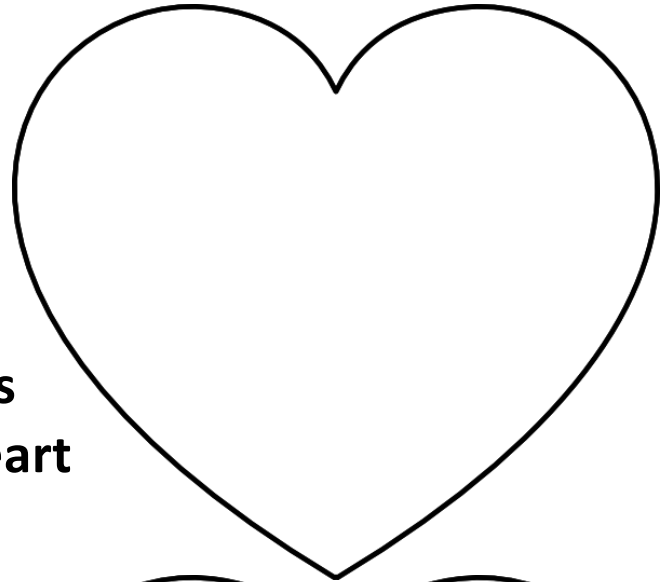
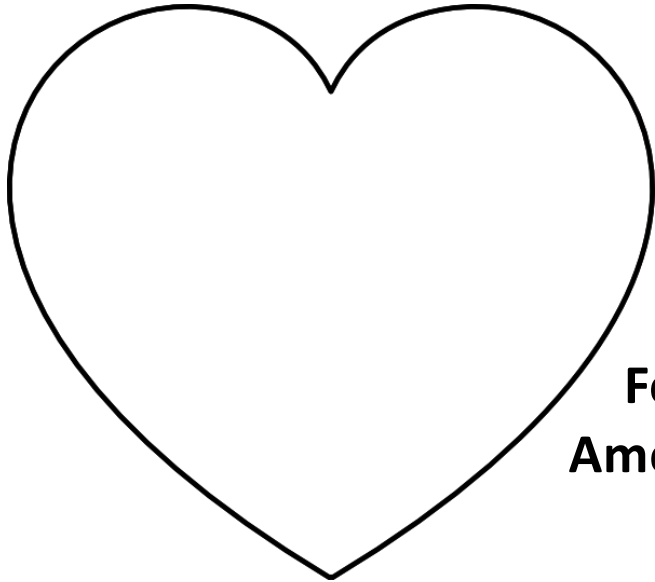


# Zervas Heart Health Week

## February 10-14



**February is  
American Heart  
Month!**

Decorate a heart and write something you do to stay healthy. Bring one with you every day the week of **Feb 10-14** and it will be hung in the lobby. Let's plaster the school with our healthy habits!

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

