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## **OUR DISTRICT IS PROUD TO PARTICIPATE IN THE AMERICAN HEART ASSOCIATION'S AMERICAN HEART CHALLENGE!**

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We want to inspire staff to get their blood pressure checked, be active and learn about how to keep their hearts healthy. By partnering with the American Heart Association, we will raise awareness and help fight heart disease and stroke, the **No. 1 killer and No. 5 killers of Americans.**

On **Saturday, April 25**, we will **GO RED in the Mid-South Heart Walk** to support the mission of the American Heart Association – building healthier lives free of cardiovascular diseases and stroke. Throughout this school year, you will receive monthly emails on a variety of health topics and learn simple ways you can make big changes with your health.

Together, we will learn about heart health, get our blood pressure checked, and raise lifesaving funds for the American Heart Association. We also have some great incentives and prizes along the way. Go online and donate \$20 for your shirt today!

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We will be asking **EVERYONE** in our district to **GO RED** and walk with us on **Saturday, April 25, 2019.**

**PLEASE NOTE:**

- Shirts must be earned by **Wednesday, April 1** to receive them in time for the Walk!
- **ONLINE/TEXT DONATIONS ONLY – NO CASH/CHECKS ACCEPTED**

Also, we are challenging all employees to get their blood pressure checked between now and April 1.

**CHECK YOUR BLOOD PRESSURE AND THEN MAKE YOUR DONATION!**



**THERE ARE 2 WAYS TO DONATE!**

- From your phone, **TEXT SHELBYGIVES to 41444**. You will immediately receive a donation link specifically for our district.
- Or **CLICK HERE** [igfn.us/form/v84Yug](https://igfn.us/form/v84Yug) to donate online.

*T-shirts are earned at the \$20 donation level and ALL proceeds benefit the American Heart Association and its mission.*