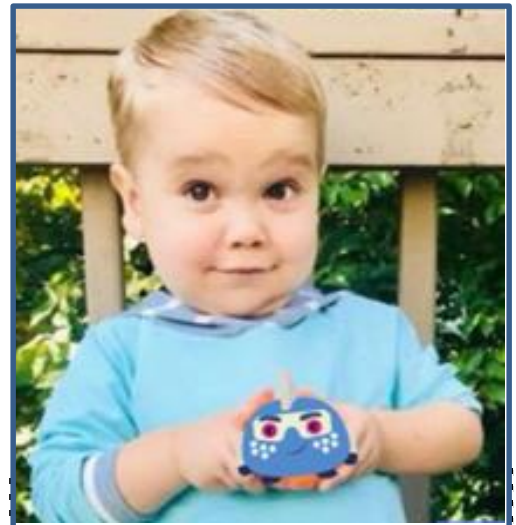


SHAPE America and the American Heart Association collaborate on the Jump Rope for Heart and Hoops For Heart programs.



Meet Finn – our little Heart Survivor. Finn says, **“Thank You for being a heart hero!”**

Swallow Elementary

Why do we do Jump Rope for Heart?

Your student will learn heart healthy habits to keep their own heart healthy & if you choose, you can raise donations to help save lives.

Every \$50 we raise helps SAVE 1 LIFE!

How many lives could your family help us save this year?

Last year our school helped to save **72 lives.** Please help us reach our goal this year. We would like to save **75 lives.** **Will you join us?**

QUESTIONS: Contact Mr. Lescohier at lescohierm@swallowschool.org

For online support Mon.-Fri. from 7am-5pm, please call our Customer Care Team at 1-855-229-4424.

ONLINE DONATIONS:

Step 1:

Go to www.heart.org/jump

Step 2:

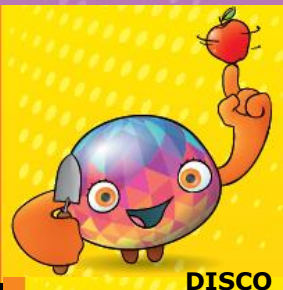
Enter **Swallow Elementary**

Step 3:

Join our school’s team and...
Set up your own Web Page!!!

Online donations count towards **Thank You Gifts!**

REGISTER & GET A GLOW-IN-THE-DARK WRISTBAND!!!



➔ IMPORTANT DATES TO REMEMBER ←

***Jump Rope for Heart: APRIL 9th - 13th *Donations due 3/29**

***Hoops for Heart: MARCH 15th *Donations due 3/15**

Please make all checks payable to:
American Heart Association
As a 501C status non-profit, all donations are tax deductible.



UNLOCK ME USING JUMP/HOOPS Mobile APP