

FEBRUARY IS HEART HEALTH MONTH

WELLNEWS BRIEF

- Wear red to promote awareness of heart health on **Friday, February 2nd**
- Participate in the **District-Wide bulletin board contest** for a chance for your building to be the first to taste the new School Breakfast menu item!
- Read and share the attached **heart health tips** from the American Heart Association during announcements, on your website or in the classroom
- Encourage students to participate in the **Heart Health Superhero Writing Contest** for a chance to win a **Blue Zones® Prize Pack** and be highlighted in the next issue of WellNews

See attached for more details

Bonus points if you enter your blood pressure in Virgin Pulse this month!

Live Healthy Iowa 10 Week Challenge Starts January 22nd

CLICK HERE to have your captain register your team using the group ID LHICRCSD. Also, the first 10 teams to email wellness@cr.k12.ia.us prior to registering will receive a code for \$5 off each team members' registration fee!

Hats off to Garfield, Johnson, Taylor, Human Resources and CCT for already teaming up!

Quick Look:

- Live Healthy Iowa Sign Up
- Go Red Day
- Heart Health Bulletin Board Contest

