



Carl H Kumpf Middle School Get ready for American Heart Challenge!

Our school is proud to support the American Heart Association! The American Heart Challenge is an opportunity to do good, while feeling good. Students will take heart-healthy challenges, raise awareness for the leading cause of death in our country, and raise funds to fight heart disease and stroke. When your student joins the American Heart Challenge he/she will hear from kids with heart disease and learn to care for their own heart.

Our school's event will be on February 21st. Get started by joining our school's team online. Download the free American Heart Challenge app or register online at heart.org/AmericanHeartChallenge.

Event Details:

- **Our event will take place on February 21st**
- **Donation envelopes are due on February 21st**

All donations raised will help the American Heart Association save lives and fund research!

**Thank you for your support,
Ms. Kowalski, School Nurse
The Carl H Kumpf Health and Physical Education Dept.**



EARN THANK YOU GIFTS



\$10 Online

\$25
Reusable
Stainless
Straw Set



\$50
T-Shirt



\$100
Tumbler



\$200
Power Bank



SIGN UP

find our school at
[heart.org/
AmericanHeartChallenge](http://heart.org/AmericanHeartChallenge)