



Dear Shabbona Families,

It's time for the American Heart Association's Kids Heart Challenge Program! By participating in Kids Heart Challenge this year, your student will join us on a magical trip "Be The Torch" - Lighting the way to learn heart-healthy habits and begin caring for their whole hearts. While heart disease remains the nation's #1 killer, it can be prevented through lifestyle choices. We would love to help your student implement those heart-healthy habits NOW!

Simply register on the Kids Heart Challenge app or webpage today to enjoy an educational, fun online experience and help raise life-saving funds to fight heart disease! Help our school save lives and hit our goal!

Step 1: Register on the Kids Heart Challenge app:



-OR- our school's KHC website:

<http://www2.heart.org/goto/shabbona>

Step

Choose a challenge!



Step 3:

Bring home your FREE torch wristband to light the way on heart health in your school!



Get registered today, then be sure to complete:



Our heart Hero, Finn was born with a very special heart, and has been through 14 heart surgeries and 18 procedures to keep him safe and healthy! Finn recently suffered a stroke, and once you complete **Finn's Mission** you'll be able to learn how to spot the signs of a stroke and save a life like Finn's.

Then, bring home your special lifesaving FINN keychain!

MEET THE HEROES!

	Be Kind & Help Others	Bring HEARTY home for \$5 in lifesaving donations!
	Say NO to vaping & Tobacco	Bring BREEZE home for \$10 in lifesaving donations!
	Choose Water	Bring HYDRO home for \$25 in lifesaving donations!
	Sleep More	Bring DREAM home for \$40 in lifesaving donations!
	Move More	Bring MARLEY home for \$100 in lifesaving donations!
	Be Thoughtful	Bring BAXTER home for \$200 in lifesaving donations!
		*Collect a BONUS Mystery Gift for every \$50 collected in donations! You find out what's inside when you OPEN IT! Try to collect all 6!

	29.1 Public Health Education <small>Educación Sobre la Salud Pública</small>
	25.4 Professional Education & Training <small>Educación Entrenamiento Profesional</small>
	20.2 Research <small>Investigación</small>
	9.4 Fundraising <small>Recaudación de Fondos</small>
	8.7 Management & General <small>Administración Gastos Generales</small>
	7.2 Community Services <small>Servicios Comunitarios</small>



KIDS HEART CHALLENGE

At the **American Heart Association** we want to ensure that you, your family, and your community are staying safe and healthy! This year we have set a goal to have **1.8 Million families** nation-wide learning hands-only CPR through **Finn's Mission** on your **KHC** website or app to keep their community safe! Will you join us?

Look for **THIS** badge in Finn's Mission to complete!

2 STEPS TO SAVE A LIFE



Our hands can do so many things, but the most important may be saving someone's life.

Color me! When you scan me in the KHC app, watch me come to life on the screen—Just how you designed!





THANK-YOU GIFTS

Regalos de Agradecimiento

Registration	\$5	\$10	\$15
WRISTBAND* PULSERA* Register online to earn your KHC wristband. Regístrate en línea y recibe tu pulsera del KHC.	HEARTY* plus lower-level gifts más regalos de nivel inferior	BREEZE* plus lower-level gifts más regalos de nivel inferior	JUMP ROPE* CUERDA PARA SALTAR* plus lower-level gifts más regalos de nivel inferior
HYDRO* plus lower-level gifts más regalos de nivel inferior	DREAM* plus lower-level gifts más regalos de nivel inferior	T-SHIRT CAMISETA* plus lower-level gifts más regalos de nivel inferior	PLAYGROUND BALL* PELOTA PLÁSTICA* plus lower-level gifts más regalos de nivel inferior
MARLEY* plus lower-level gifts más regalos de nivel inferior	BAXTER* plus lower-level gifts más regalos de nivel inferior	SOCKS CALZETINES* plus lower-level gifts más regalos de nivel inferior	MYSTERY XL FIDGET POPPER* plus lower-level gifts más regalos de nivel inferior
\$1,000 KHC FITNESS WATCH* RELOJ DEPORTIVO DE KHC* plus lower-level gifts más regalos de nivel inferior	Complete Finn's Mission Completa las misiones de Finn to earn Finn's LIFESAVERS AWARD* para ganar el premio Lifesavers de Finn		

EARN A MYSTERY GIFT*
for every \$50 you raise!

¡Gana un **REGALO MISTERIOSO*** por cada \$50 que recaudes!

*Up to 20 gifts. Hasta 20 regalos.

 These gifts promote physical activity. Estos regalos promueven la actividad física.

Unwrap what's inside!
Can you collect all 6!?



Open an **ultra-rare GOLDEN EGG:**
Win a chance to meet FINN!


Baby Dream


Baby Breeze


Baby Hearty


Baby Hydro


Baby Marley