



## **We Don't DIG Heart Disease!**



## **Participate in our Volleyball For Heart Tournament... Friday, May 24<sup>th</sup> during school hours. Have some fun and help save lives!**



- ♥ Students who wish to participate in the tournament are asked to raise a minimum of \$5 per player.
- ♥ Teams can consist of up to 12 players and they can be co-ed as well as from any grade level.
- ♥ Teams can be declared on Mr. Vona's school website by May 17<sup>th</sup>
- ♥ Team donations are due to Mr. Vona by May 17<sup>th</sup>.
- ♥ The team that raises the most donations for the AHA as well as the winning team will both win ice cream parties!



Donate \$25 or more to the American Heart Association and you'll also receive a T-Shirt and you'll be entered into a raffle to win a \$25 amazon gift card.

*Not into volleyball but still want to show your support?*



Purchase a red passion heart for \$1 during the week of 5/20 in lunches. Personalize it, and hang it on the wall to show you care.

Go to [www.heart.org/americanheartchallenge](http://www.heart.org/americanheartchallenge) or download the mobile app (by searching "american heart challenge" in your app store) to register on our school team page, send texts and emails and ask for donations. All other donations are due by May 24<sup>th</sup>.

