



American Heart Association Wear Red in support of Women's Health Fundraiser

February is National Heart Healthy Month. The Service Club, along with our nurse, Mrs. Stambaugh, will be offering keychains during lunch on February 14th for a donation of \$1.00. This donation will be sent to the American Heart Association to help fight heart disease and strokes. We are very proud that we have been able to donate to the AHA for the last three years.

Heart Attack Warning Signs:

1. Pain or discomfort in chest
2. Lightheadedness, nausea, or vomiting
3. Jaw, neck or back pain
4. Discomfort or pain in arm or shoulder
5. Shortness of breath

Stroke signs: FAST

1. Face drooping
2. Arm weakness
3. Speech difficulty
4. Time to call 911

Thank you,

Mrs. Brink, Service Club

Mrs. Stambaugh, School Nurse