

Heart Health Awareness Month

Date: _____

Dear Students, Staff, and Families,

February is Heart Health Awareness Month, a time for us to focus on the importance of maintaining a healthy heart and overall wellness. As part of our commitment to fostering a healthy environment, we encourage everyone to participate in activities that promote heart health.

Throughout the month, we will be hosting various events, including:

- Health workshops on nutrition and exercise
- Heart-healthy cooking demonstrations
- Fun physical activities and challenges
- Guest speakers from the health community

We invite you to take this opportunity to learn more about how to care for your heart and develop lifelong healthy habits. Together, we can make a difference in our community's heart health.

Thank you for your support and participation.

Sincerely,

[Your Name]

[Your Title]

[School/Institution Name]