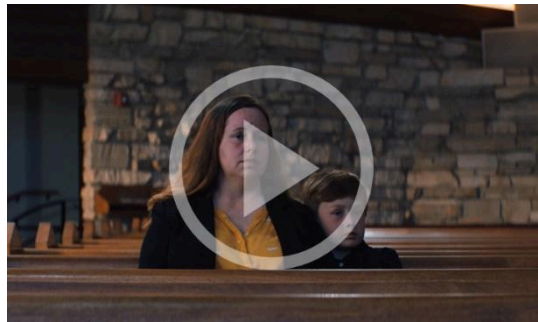




Bremen Middle School Families,

Our school has kicked off the American Heart Association's American Heart Challenge (AHC)! **Please register today, under our school, at <http://www2.heart.org/goto/BremenMiddleSchool>.** By participating in the American Heart Challenge students can raise awareness and funds for congenital heart defects, nutrition security, CPR training, mental well-being, and more as we work to end heart disease and stroke.

We are asking you to register for our American Heart Challenge team and help us reach our goal of 100% of our families learning the lifesaving skill of Hands-Only CPR. Last year, [5-year-old Phil and his mother, Megan](#), saved a life because they watched the Hands-Only CPR video (part of Finn's Mission).



Get started today and be the first at our school to complete Finn's Mission!

- [CLICK HERE TO REGISTER](#) or download the free "AHA Schools" app.
- **Complete Finn's Mission:** Watch the 2-minute Hands-Only CPR video featuring cardiac arrest survivor, Damar Hamlin.
- **Share with Family & Friends:** Send messages via social media, text messages and/or email.

On **February 16**, we will have our **American Heart Challenge Ultimate Volleyball Tournament!** Students who register online and raise **\$10** can attend the Ultimate Volleyball tournament.

Thank you for keeping hearts everywhere beating strong!

Sincerely,
Bremen Middle School Staff