

Subject: Help Osmond Community School Save Lives!



Hello Osmond Community Families!

Our school is participating in the American Heart Association **Kids Heart Challenge on February 15th, 2024!**

Our students will be learning about staying strong in body and mind. We are asking for your help to reach our goal of 100% of our families learning the lifesaving skill of Hands-Only CPR. Please take a moment to watch this video of [5-year-old Phil and his mother, Megan](#). Earlier this year, they saved a life because they watched the Kids Heart Challenge Hands-Only CPR video.



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


- **Register:** <http://www2.heart.org/goto/OsmondCommunitySchool> or download the free "AHA Schools" app.
- **Complete Finn's Mission:** Finn is a heart and stroke survivor! Watch the 2-minute Hands-Only CPR video featuring cardiac arrest survivor, Damar Hamlin, and watch a music video on the warning signs of a stroke (F.A.S.T.).
- **Share with Family & Friends:** Send messages via social media, text messages and/or email.

Thank you for supporting this very important service-learning program and making our community safer!


Students that register before our kickoff on Thursday, February 15th will be entered to win an Avacado Warmie!!



Thank you,
Mary Kuhlmann




AHA SCHOOLS APP



2 EASY WAYS TO REGISTER:

DOWNLOAD THE APP OR VISIT OUR WEBSITE

HEART.ORG/SCHOOLS



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