

## Give Our Students the Healthiest Valentine – Teach HeartSmart Kids™!

*Free Heart and Stroke Foundation resources support healthy lifestyles*

Celebrate Heart Month this February with your class by teaching heart health with **FREE** resources from the [Heart and Stroke Foundation](#). Educators can use the resources creatively to fit the theme of Valentine's Day and motivate students to live a healthy lifestyle in a fun way!

[HeartSmart Kids™](#) comes with either a K-3, 4-6 (English and French), or 4-6 Aboriginal teacher resource binder filled with lesson plans and activities, colourful posters, and a class set of engaging student magazines. Educators only register once and they're a HeartSmart teacher for life – receive new class sets every school year!

Encourage each educator at your school to register online for HeartSmart Kids™ to help this young generation fight childhood obesity. Visit the Heart and Stroke website [here](#) to try the free (and quick) online HeartSmart Kids™ e-learning module.

For more information, please contact the foundation's Health Promotion Initiatives Coordinator.

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