

<u>Healthy</u>

<u>Eating</u>

Click on the hearts for resources on heart healthy eating and activities <u>Healthy</u> Activities

> <u>Activity</u> <u>Videos</u>

PS 234Q Celebrates American Heart Month

Please Wear RED on Monday, February 24, 2025

Join us on the 100th day to raise awareness about heart disease and ways to promote healthy lifestyles