

BE SWEET TO YOUR HEART!



Calling All Highland View Families!
Join in the FUN on Valentine's Day Family Night

On Friday, February 13 from 7-9 pm, Highland View will be THE place to be to start your Valentines' Day celebrations. Gather those you love and join the HEARTY fun at the Valentine's Day Family Night Event!

You are wholeHEARTedly invited to:

● **BAKE and/or SAMPLE**

Participate in the "Sweets for Your Heart" heart-healthy baking contest. Bake your favorite healthy treat and bring 30-40 small pieces to share, along with a copy of the recipe. Attendees will sample and vote on their favorites, and judges will award PRIZES! Can't bake? Just bring an appetite and cast your vote.

● **HOP TO THE BEAT**

Get your HEART rate up and join in the cardiovascular fun! Group dancing to be held in the multi-purpose room. Music by our very own "Jimmy Bingo" DJ will be sure to have everybody hoppin' to the beat!

● **VOLUNTEER**

The HVES PTA and Health and Wellness Committee are sponsoring this event for all HVES families, and we'd HEARTILY appreciate some HELP! In order to pull off a great night, we need families to chip in with planning, setting up, decorating, cleaning up and generally ensuring a fun and safe evening for all!



For more details or to volunteer, contact:

Lynne Harris at 240-462-1483, or lharris@jhsph.edu; or Amber Khan at 301-758-7275, or choprakhan@gmail.com.