



AIM Heart Health Challenge Guidelines

Your name will go into a weekly draw for every class you attend. At the end of the month someone's name will be randomly selected to win a prize valued at \$50

Step Challenge Bonus Days

Thursday February 7

Monday February 11

Saturday February 23

Wednesday February 27

Set a step goal on the dates above. Invite friends to pledge to help meet your fundraising goal. Share your results. Win/Win

Eg. Kelly - Step goal - 20,000 in a day. Donation Goal \$200

Anyone that takes part in the step challenge days will be entered for separate prize draw that day. Post your results on AIM's FB Page Art in Motion AIM Dance Studio using the hashtag #hearthealthchallenge and/or Tag us on Instagram @aimdance_kellybrian

Heart & Stroke Paper Hearts available in studio \$2

Drum Zumba Class February 26 at 6PM \$5

suggested donation

When You Get the Chance, Dance More!