



# Volunteers

*The Heart of the Hope*



**Happy 2012 to all of our wonderful volunteers!**

**January was a busy month for us—from blood pressure screenings, to large inflatable heart tours, to Family Health Nights! Stay tuned for exciting events during Heart Month (February)!**

**Hope Heart Mega Heart at Neely O'Brien Elementary School:**

To start off the new year, The Hope Heart Institute took the Hope Heart Mega Heart (a large inflatable, walk-through heart) to an elementary school on Friday, January 6. Hope staff and volunteers donned the role of "Tour Guides" through the heart and taught kids the importance of a heart-healthy lifestyle. What a great and eye-catching learning experience! Thank you to volunteer Anna L. for joining us this day!



**YMCA Health Fair:**

The Hope Heart Institute partnered with the Coal Creek YMCA in Auburn on January 14th to provide heart-healthy information and games to teach the public about the importance of leading a healthy life! Thank you so much to Hope volunteers, Tony M. and Alvina H. for joining us!



**Lafayette Elementary School Family Health Night:**

We had another fun night with nutrition stations, physical activity stations and even Blitz from the Seahawks on January 26! The Hope Heart Institute hosted a Family Health Night at Lafayette Elementary which was filled with a fun rock wall, Zumba, smoothies, Wii Just Dance, and much, much more! Families rotated through stations and learned about the importance of a healthy lifestyle. Families also learned that staying active and healthy can be fun! This night promotes healthy, active lifestyles through positive relationships and activities. Thanks so much to our Hope Heart volunteers, AED volunteers, and Global Public Health Brigade volunteers!



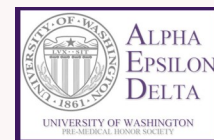
**North Bellevue Community Center:**

On January 13th The Hope Heart Institute visited the N. Bellevue Community Center once again to provide free blood pressure screenings to seniors. Thank you to Rebecca G. and Joanna C.!



**Jumpin' Jacks & Super Snacks:**

The Hope Heart Institute took the trip up to Everett's Imagine Children's Museum on January 14th to talk to kids about nutrition and heart-health! Kids were able to learn about healthy foods and parents gained tips on how to keep their kids on a healthy track. Thank you to Hunter P. who joined us on this day!



**"Step Out For Fun" Health & Fitness Fair:**

The Whatcom County Volunteer Outreach Committee participated in a health fair located in Birch Bay, WA on January 28th! Captain Cardio also made a guest appearance!