



ALFRED S. FORREST ELEMENTARY



5K WALK WEDNESDAYS

for

HEART HEALTH MONTH

Sponsored by HCS Safe Routes to School

Come join us on:

Feb
12th

Feb
19th

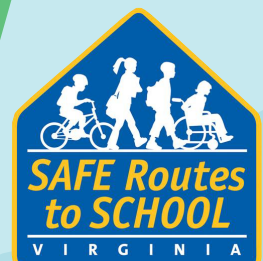
Feb
26th

In support of



February
Heart Health
Month

For more information contact:
Dionne Hamilton, P.E. Teacher
Alfred S. Forrest Elementary School
(757) 825-4627



Safe Routes to School:

<http://www.hampton.k12.va.us/departments/saferoutes/saferoutes.html>