



HAPPY HEART

FEBRUARY

Get Involved

February is heart month, and since tobacco use negatively affects heart health, this event focuses on a heart-felt activity to inspire and encourage peers to live a happy, healthy and tobacco free life, which leads to a happy heart.

Post Positivity

Use the sticky notes, scratch notes and affirmation cards to post positivity throughout your school and community. Write inspiring messages to encourage peers to stay, or become, tobacco free. Get creative in where you put them and how you pass them out. Take pictures and tag @IowaSTEP on Facebook or Instagram. The ISTEP Executive Council will vote for their favorites and mail prizes.

Activity Kit

Registered ISTEP chapters will be mailed an activity kit for this event.

The kit includes:

- Flyers
- Posters
- Sticky notes
- Scratch notes
- Affirmation cards
- Sunglasses

Hashtags

**#IowaSTEP #ISTEP #HeartMonth #MyLifeMyQuit
#TobaccoFree #StopVaping #TeensCare**