



American Heart Association®

**KIDS
HEART
CHALLENGE™**

**AMERICAN
HEART
CHALLENGE™**



Talia

Advocate, Grade 10

Heart disease and stroke have affected many people in Talia's family. Her grandfather needed heart surgery, her aunt had a heart attack at a young age, and her other grandfather recently had a stroke. These experiences showed Talia from an early age how important heart health is.

Talia takes care of her heart by playing volleyball, swimming, riding horses and eating nutritious foods. Through Kids Heart Challenge/American Heart Challenge, she wants to help spread the word about heart health so more people can live long, healthy lives. Talia is proud to support the American Heart Association and speak up for others.

The **Kids Heart Challenge** and **American Heart Challenge** funds research that helps kids have longer and stronger lives. Your support helps families have hope and for that they are so grateful.

Together, we are creating a world of longer, healthier lives.