

Be Smart-Protect Your Heart

DALLAS ISD GOES RED

Focus on the importance of taking care of your heart and overall health.



- **Go RED Ribbons** 
 - Place the Red ribbon over your heart during the month of February.
- **Go Red-Show Red**
 - Wear Red & Jeans February 13, 2026.
- **Red Step Challenge**
 - Join our month-long health challenge. The winning team will receive a prize!
 - Choose a team
 - Pick a team name that includes the word “Heart”
 - Hit the goal of walking 10,000 steps a day
 - Share of photo of your team and your collective step count with Benefits (Benefits@dallasisd.org) on February 27, 2026 by 5pm



DATE: FEBRUARY 11, 2026

TIME: 11:00 AM-1:00 PM

LOCATION: LINUS D. WRIGHT ADMINISTRATION BUILDING, 9400 N. CENTRAL EXPRESSWAY, DALLAS, TX 75231, ROOMS 207 & 208

REGISTER HERE



[HTTPS://TINYURL.COM/MTCKF6YR](https://tinyurl.com/mtckf6yr)



DATE: FEBRUARY 25, 2026

TIME: 11:00 AM-1:00 PM

LOCATION: LINUS D. WRIGHT ADMINISTRATION BUILDING, 9400 N. CENTRAL EXPRESSWAY, DALLAS, TX 75231, ROOM 300

REGISTER HERE



[HTTPS://TINYURL.COM/YBDC6FSJ](https://tinyurl.com/ybdc6fsj)