IMPORTANT DATES

**FEBRUARY**
10  HOsa SCHOLARSHIP AND STATE OFFICER APPLICATIONS DUE
24  LAST DAY TO REGISTER FOR SLC

**MARCH**
1    ALL TALLO SUBMISSIONS ARE DUE
7    SLC OPENING SESSION
12   BUSINESS MEETING
13   CLOSING SESSION AND AWARDS CEREMONY

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REGISTRATION CLOSES FEBRUARY 24!

Hey SC HOSA! Can you believe it’s already February? We sure can’t. SLC is right around the corner and we are so excited to interact with you all during this virtual event. Keep up with SC HOSA on our social media accounts to remain in the loop on more details. This year, you will be able to register yourself for SLC due to virtual constraints for many schools and also because it is a virtual event! The step-by-step instructions on how to do that are on the next page of this E-Blast.
HOW TO SUBMIT STATE OFFICER APPLICATIONS
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HOW TO SUBMIT SC HOSA SCHOLARSHIP APPLICATIONS
SUBMISSIONS CLOSE FEBRUARY 10!
TAKE CARE OF YOUR HEART AND YOUR HEALTH

REMINDERS FROM THE AMERICAN HEART HEALTH ASSOCIATION AND SC HOSA

From Heart.org:
"During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier. In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups."

Remember: health is wealth!

STATE LEADERSHIP CONFERENCE

ALL DATES, EVENTS, AND INFORMATION SUBJECT TO CHANGE

All SC HOSA members will be able to register for the Virtual State Leadership Conference for $26 — $25 registration fee and a $1 nonrefundable processing fee.

The conference will provide a platform to network and compete in various events.

The opening session will be Sunday, March 7, 2020.

Activities will include:
- Keynote Speaker
- Competitive Events
- State Officer Elections
- And more!

About 299,000 people in South Carolina have coronary heart disease.

This is the most common form of heart disease and can often be prevented. #OurHearts are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at hearttruth.gov