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Festival of Children Foundation Reminds Community **February 2012 is American Heart Month**

Costa Mesa, Calif – Festival of Children Foundation, a Costa-Mesa based non-profit organization that serves to improve the lives of children and the charities that serve them wants to remind the community that February is American Heart Month.

“We want to empower kids to live a healthy life and have a good heart. We can accomplish this by teaching our children to live in a more heart-felt way. The word “**heart**” represents character values that we should instill in children: **h**umility, **e**mpathy, **a**ppreciation, **r**esilience and **t**enacity. Underlying these core values is the teaching that small deeds can have extraordinary consequences when they come from the heart,” said Sandy Segerstrom Daniels, Founder and Executive Director of Festival of Children Foundation.

For a list of organizations that offer heartfelt programs that benefit children, visit Festival of Children Foundation’s website at FestivalofChildren.org or telephone (714) 438-3286.

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