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IMMEDIATE RELEASE

~ photography available ~

**FREEDOM HOME CARE PARTNERS WITH FILL A HEART 4 KIDS
TO LAUNCH THE WORLD'S BIGGEST HEART CHALLENGE**

The public is invited to help put Lake County on the map by filling businesses and organizations' windows with heart warming Valentines for 3,347 local foster children

LAKE FOREST, IL (JANUARY 2019) – [Freedom Home Care](http://www.FreedomHomeCare.com) is partnering with [Fill a Heart 4 Kids](http://www.FillaHeart4Kids.org) (FAH4K) to launch the World's Biggest Heart Challenge[®], making Valentine's Day dreams come true for 3,347 local foster children. Kicking off Friday, February 1st, local businesses, groups and schools invite the public to come fill their windows with heart-warming cards that will be delivered to precious children waiting for their forever families. Heart-shaped cards are available at participating businesses for a donation of \$1, \$2 or more. All proceeds support Fill a Heart 4 Kids' year-round programs helping unaccompanied homeless youth and foster children through a variety of programs and events.

The Challenge to have the most hearts displayed in one community will run through the month of February with an initial goal to have 3,347 cards made by Feb. 11 for delivery on Valentine's Day. The World's Biggest Heart challenge is part of FAH4K's annual Project Valentine, now in its 13th year.

The public is again invited to support the Challenge on February 11th, from 9 a.m. to 5 p.m. for Project Valentine Volunteer Day at Freedom Home Care, 289 Deerpath Road, Lake Forest. Volunteers will help make Valentine's Day sweet treat bags to be delivered with the cards.

"Valentine's Day is another painful time of year for children without families," said Annie McAweeney, founder of FAH4K. "When they see room-moms delivering treats and hugs to their children, they have to be extra strong to hold back tears. The World's Biggest Heart Challenge will help change that with thoughtful care packages and Valentine cards delivered to each child waiting for their forever family."

"We are honored to be a part of the Lake Forest Community and wanted to do something heartfelt this February, which is not only the month of Love and Valentine's Day, but also Heart Health month," says Sharon Burack, owner Freedom Home Care. "When we learned about Fill a Heart 4 Kids being based right in our backyard, we thought what a great opportunity to make an impact in our community for such a heartfelt cause."

How it Works:

- Businesses and organizations can pick up a World's Biggest Heart Challenge participation packet at Freedom Home Care on Friday, Feb. 1 or Monday, Feb. 4 from 9 a.m. to 5 p.m. To arrange delivery, send a message to info@fillaheart4kids.org.
- Look for the World's Biggest Heart Challenge sign displayed in a storefront window or at a front desk.
- Visit a participating location, decorate a Valentine card, and write:
Happy Valentines Day!
I hope your day is extra special just like you!
Love, (signed first names only!)
- Donations of \$1, \$2, or more will be collected with each card.
- The finished cards will be displayed in storefront windows or other visible locations.

For more information and to review a list of participating businesses and organizations, visit www.fillaheart4kids.org.

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ABOUT PROJECT VALENTINE

Project Valentine began in 2007 as Fill a Heart 4 Kids' first program. The McAveeny family of Lake Forest began taking in homeless children after learning of the thousands of local kids waiting to be adopted and the nearly 24,000 unaccompanied homeless youth living in crisis in Illinois. The McAveeny family set out to make Valentine's Day a less painful experience for children without families, by creating care packages and loving cards for children without families. These care packages and loving cards were then delivered to 48 children living in a local group home. The children responded with heartfelt thank you notes. Angie said: "I use to pretend that room-moms were my mom so I wouldn't cry. I don't have to pretend anymore because I have a family that loves me". A teen boy told the McAveeny family how he kept his first Valentine's Day note and hung it on his wall because it made him happy to think he finally had a "mom" who cared. From there, a tradition was born.

ABOUT FILL A HEART 4 KIDS

Fill a Heart 4 Kids is a 501(c)(3) organization based in Lake Forest that gives unaccompanied homeless youth rescued children tools and positive experiences to help them heal and restore their dignity—4 Brighter Futures. Our vision is for homeless kids and foster children to feel loved and valued, and to move forward with confidence, self-esteem and a successful future. For more information about Fill a Heart 4 Kids and to learn about ways to support our mission, visit www.fillaheart4kids.org. Stay connected with Fill a Heart 4 Kids Facebook @FillAHeart and Instagram @FillAHeart4Kids.

ABOUT FREEDOM HOME CARE

Founded in 1996, Freedom Home Care is one of the leading and most respected home care agencies in the North Shore and throughout the Chicago area. With over 20 years of service, and a team of over 1,000 professional and compassionate caregivers, Freedom provides in-home care options to fit the needs of any client. From full-time live-in care to flexible hourly assistance, Freedom offers services to allow clients the freedom of being at home. Lake County North Shore offices are located in Highland Park at 1749 Green Bay Road and in Lake Forest at 289 E. Deerpath Rd. A Park Ridge office is planned for spring 2019. For more information on Freedom Home Care, please contact (847) 433-5788 or visit www.freedomhomecare.net.