



Take Charge of Your Health



Know the signs
of a heart attack



Visit your family
practitioner and
get a check-up



Live healthier by trying
new heart-healthy
recipes and exercises



Learn CPR

- ♥ Watch the Hands-Only CPR video and share it on social media with 5 friends – one minute can save a life.
- ♥ Find an Instructor-led CPR course near you.
- ♥ Give a CPR Anytime Infant kit to a new parent or grandparent in your life.
- ♥ Organize a CPR training session within your community.



Advocate

- ♥ Go to BeCPRSmart.org and Pledge your Support.
- ♥ Approach a local business to purchase a CPR in Schools Training Kit for your child's school or purchase an Automated External Defibrillator (AED) for a school or community center.
- ♥ Host a fundraiser to purchase CPR Anytime Kits or AEDs for an organization in your community.



Social Media

- ♥ Post the CPR Week Image as your Twitter or Facebook profile picture from June 1-7.
- ♥ Post a photo of you and your family on Instagram using the tags [#CPRwithHeart](#).
- ♥ Honor a survivor of cardiac arrest on Facebook by linking to the Hands-Only CPR video.
- ♥ "Like" the AHA CPR First Aid Facebook page, [@AHACPR](#) and Twitter page, [@HeartCPR](#).
- ♥ Recognize someone who has saved a life as a **Heartsaver Hero**.



Corporate

- ♥ Print the CPR Week Cubicle Sign.
- ♥ Post or Print the CPR Week sign.
- ♥ Ask Human Resources to add CPR Anytime to your employee wellness program.
- ♥ Ask your employer to purchase an AED for your workplace.
- ♥ Start a corporate challenge to see which department can train the most people in CPR.
- ♥ Host a viewing party with healthy snacks and show the Hands-Only CPR video.

