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 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 (link)
- 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
- Host a fundraiser to purchase [CPR Anytime Kits](#) 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 #CPRSavesLives
- Honor a survivor of cardiac arrest on Facebook by linking to the [Hands-Only CPR video](#)
- “Like” the [AHA CPR First Aid Facebook](#) page
- Recognize someone who has saved a life as a [Heartsaver Hero](#)

Corporate

- Print the CPR Week Cubicle Sign and post it on your office door
- Ask Human Resources to add [CPR Anytime](#) to your employee wellness program
- 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](#)