



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
- ♥ Organize a CPR training session within your community



Advocate

- ♥ Go to [BeCPRSmart.org](https://www.be CPRSmart.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 [#CPRwithHeart](https://www.instagram.com/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
- ♥ 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
- ♥ 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

