**5 Ways To Get Involved**

**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 YouAreTheCure.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 X 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 X 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.

**CPR week is June 1-7**

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