



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 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
- ◆ 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](https://www.instagram.com/explore/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