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
♥ 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

To learn more, visit heart.org/handsonlycpr