

HANDS-ONLY CPR

5 ways to CELEBRATE

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](#)



CPR WEEK JUNE 1-7

heart.org/handsonlycpr