



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 **@HeartCPR**
- ♥ 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 **@AHACPR**
- ♥ 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**