# American Heart Association Heart Club Calendar

### <u>August</u> - Get Started!

#### <u>Register your club!</u>

**Watch** 100 Years of Scientific Discovery and Innovation

Join You're the Cure Advocacy Network

### <u>September</u> - Preparedness

**SPOTLIGHT**: Kylie Lough, college student and stroke survivor.

**IMPACT:** Act FAST interactive activity. Learn the Warning Signs of a stroke and teach five people how to act FAST.

**WELL-BEING:** Life's Essential 8™ Discuss health behaviors and simple changes you can adopt this month.

**LEADERSHIP:** Grow Membership. Post flyers inviting classmates to your next Heart Club meeting and introduce yourself to other student groups on campus.

**FUNDRAISING:** Discuss how heart disease and stroke have affected members. Explore these two turnkey fundraising opportunities for <u>high school</u> and <u>college</u> Heart Clubs.

#### <u>October</u> - Gratitude

**SPOTLIGHT**: Paige Levine leads Ohio Heart Club in making cards for nurses and staff at a local hospital.

**IMPACT:** Organize a Gratitude Event.

**WELL-BEING:** Explore how gratitude can help your health. Make a personal commitment to practice gratitude.

**LEADERSHIP:** Collaborate. Reach out to other student organizations or clubs and invite them to participate in your Heart Club Gratitude Event.

**FUNDRAISING**: Learn how content creators are going Live to Save Lives!

**KEY DATES:** 10/15 World Mental Health Day, 10/16 World Restart a Heart Day, 10/29 World Stroke Day



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## <u>November</u> - Tobacco Endgame

**<u>SPOTLIGHT</u>**: Your stories, like these spoken word messages, help change public policy and save lives.

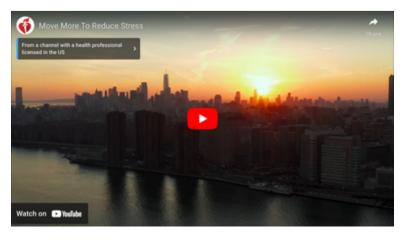
**IMPACT:** Discuss how the spoken word videos made you feel and share what you see in your own community.

<u>WELL-BEING</u>: Taking slow, deep breaths can trigger positive responses in your body. Learn how.

**LEADERSHIP:** Raising your voice for specific policies can make a huge difference. Learn how with through this 15-minute activity.

**FUNDRAISING**: Learn about the AHA's Impact Campaigns.

**KEY DATES**: Scientific Sessions 11/15-18





# <u>December</u> - Happy Healthy Holidays!

**SPOTLIGHT**: Sam Houston State students worked hard to build a healthy food pantry on campus.

**IMPACT:** Organize a Heart Healthy Food Drive.

**WELL-BEING:** Join Healthy for Good™ and receive the Shop Smart, Eat Smart digital recipe booklet.

**LEADERSHIP:** Become a Healthy for Life facilitator and promote healthy cooking and nutrition in your community.

**FUNDRAISING:** Donations raised for the AHA help kids with special hearts like Finn. Giving Tuesday is on 12/3.