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.

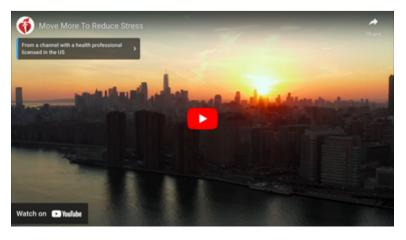
IMPACT: Discuss how the spoken word videos made you feel and share what you see in your own community.

<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.