

American Heart Association Heart Club Calendar

August - Get Started!

Register your club!

Watch 100 Years of Scientific Discovery and Innovation

Join You're the Cure Advocacy Network

September - 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 high school and college Heart Clubs.

October - 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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November - Tobacco Endgame

SPOTLIGHT: 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.

WELL-BEING: 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



December - 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.

