

DIGITAL COMMUNITY SERVICE OPPORTUNITY FOR BRIGHT FUTURES



AMERICAN HEART CHALLENGE IS HERE!

The American Heart Association is fighting for social equality, increasing food security, and advocating for diversity and inclusion across underrepresented and under-resourced communities. Students who participate in this community service learning program will help impact local and global communities, while learning life-saving Hands-Only CPR. We want to help students achieve both physical and mental wellbeing **while earning community service hours for Bright Futures**. Students please visit profferfish.com to sign up for this opportunity.

HOW TO JOIN AND BECOME AN AHA ADVOCATE:

STEP 1

Attend Kickoff

Attend our American Heart Challenge Kickoff on ZOOM!

Tuesday, October 13th, from 4:00pm —5:00pm.

Zoom Link to Register: [Click Here](#)

STEP 2

Register



Download the American Heart Challenge app by searching "American Heart Challenge" in your app store or sign up on our school's American Heart Challenge Website: [Click Here](#)

STEP 3

Send 10 Emails or Text Messages

Connect to your social media, email or text family and friends to ask for support!



WHY PARTICIPATE?



Active Students Learn Better

When students are active, they focus more, think more clearly, react to stress more calmly and perform and behave better in class.



Scholarship Opportunities

High school juniors and seniors that take part in the American Heart Challenge can apply for a \$1,000 college scholarship.



Leadership Opportunities

Students get leadership development experience, valuable community service hours and an opportunity to build your college application.



Educational Resources

Five STEM- focused interactive lesson plans focused on important health pillars for youth including vaping, nutrition, physical activity, sleep, brain and heart health.

heart.org/AHC