



American
Heart
Association.

CENTRAL VIRGINIA

YP young professionals

YOUR CHANCE TO MAKE AN IMPACT

By serving as a member of Young Hearts, you are part of a passionate, outgoing, and philanthropic group. Through volunteerism, we support and amplify the mission of the American Heart Association. Young Hearts members are a group of young professionals who want to make a difference by increasing awareness and education of cardiovascular diseases and stroke, while having fun and making connections. We host regular mission-focused events aimed at education, thinking, and talking about prevention strategies for a heart healthy lifestyle. We volunteer in the community, meet up for social and fitness events, learn more about heart diseases and stroke, share our stories, advocate for heart policy, support fundraising for cutting edge research, and have fun along the way.

AMERICAN HEART ASSOCIATION MISSION

To be a relentless force for a world of longer, healthier lives.

YOUNG HEARTS MISSION

Through dedicated volunteerism, Young Hearts supports local health impact strategies for the American Heart Association.

YOUNG HEARTS STRATEGIC GOALS

1. To be stewards of the American Heart Association's mission in the Central Virginia area.
2. Provide members thoughtful professional development and mentorship opportunities to cultivate the next generation of community leaders and change makers.
3. Support local strategies that will drive policy, system and environmental changes in the Central Virginia Area resulting in improved cardiovascular health for all.
4. Drive grassroots fundraising through core special events to support meritorious research funding.



Interested in becoming a member? Complete this [Join Form](#) and a member of our team will be in touch.

BOARD MEMBER EXPECTATIONS

As a Central Virginia Young Hearts board member, we ask you to support the mission of the American Heart Association by living a heart healthy lifestyle and by following the expectations:

SPREADING AWARENESS



- Become an advocate for the AHA's mission and volunteer work.
- Serve as an ambassador by promoting events and the mission to your friends and networks.
- Participate in frequent Young Hearts events such as volunteering, social events, American Heart Association events, etc.
- Actively engage in two supporting strategies that further Central Virginia health priorities. These events/activities will be shared and highlighted regularly as a Central Virginia health priority strategy.
- Actively support and participate in the planning of Young Hearts board social events.
- Support the recruitment and development of a board of diverse members and industries that is representative of Central Virginia

TIME COMMITMENT



- Attend 3 of the 4 scheduled Board meetings.

FUNDRAISING



- Each member of the Young Hearts board will be asked to donate their time to support the board's signature fundraising events. Members are not required to make a personal gift to the campaign, but a contribution of any size is encouraged. Members are required to fundraise for the campaign through their personal and professional networks. Each member will have a minimum fundraising goal of \$2,500.