



American Heart Association®
Heart Club™

Calendar

Heart Club



MAKE A DIFFERENCE
One Beat At A Time.

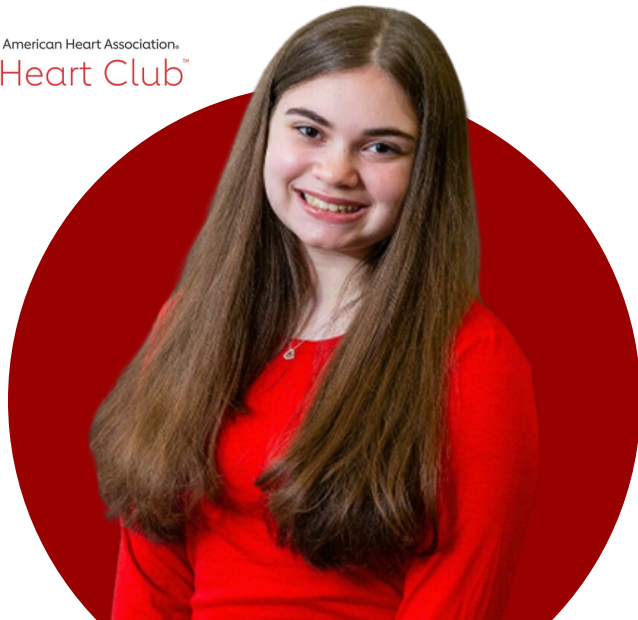
Important details to remember:

This calendar is meant to be a helpful guide. You do not need to complete all activities listed each month. Dive into the activities that resonate most with your club members!

At least 2 weeks before hosting a volunteer impact activity like the Healthy Food Drive or Gratitude Campaign, please email Heartclub@Heart.org to let us know! We might be able to spotlight your Heart Club on social media or in the local news.

Please have all Heart Club members complete this [participation consent form](#).





Leadership Spotlight

Ohio Heart Club Leader Paige Levine

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

[Learn more](#)

Heart Club Calendar

Stroke Awareness

OCT Key Dates

- **10/15** World Mental Health Day
- **10/16** World Restart a Heart Day
- **10/29** World Stroke Day

Level Up

Learn and share the warning signs of a Stroke, and practice how to act F.A.S.T through this interactive experience. [Learn more](#)

IMPACT

Organize a Gratitude Event.

[Learn more](#)

LEADERSHIP

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

[Learn more](#)

FUNDRAISING

Learn how content creators are going Live to Save Lives!

[Learn more](#)

WELL-BEING

Explore how gratitude can improve your health. Make a personal commitment to practice gratitude.

[Learn more](#)

You're the Cure

NOV Key Dates

- **11/6** Stress Awareness Day
- **11/13** World Kindness Day
- **11/20** Join AHA's CEO for a first look at New Discoveries from Scientific Sessions. [REGISTER](#)

Level Up

Your stories, like these spoken word video messages, help change public policy and save lives. [Learn more](#)

IMPACT

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

[Learn more](#)

LEADERSHIP

Raising your voice for specific policies can make a huge difference. Join You're the Cure to get started!

[Learn more](#)

FUNDRAISING

Learn about American Heart Challenge and plan how your Heart Club can feel good while doing good!

[Learn more](#)

WELL-BEING

Taking slow, deep breaths can trigger positive responses in your body. Review these stress management resources.

[Learn more](#)

Heartfelt Holidays

DEC Key Dates

- **12/03** Giving Tuesday
- **12/10** Nobel Prize Day
- **12/11** National Stretching Day

Level Up

Sam Houston State students worked hard to build a healthy food pantry on campus. [Learn more](#)

IMPACT

Organize a Heart Healthy Food Drive.

[Learn more](#)

LEADERSHIP

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

[Learn more](#)

FUNDRAISING

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

[Learn more](#)

WELL-BEING

Join Healthy for Good™ and receive the Shop Smart, Eat Smart digital recipe booklet.

[Learn more](#)

