



GO RED WITH US DURING AMERICAN HEART MONTH!

NATIONAL WEAR RED DAY®

GO RED ON FEBRUARY 7

Stop by between 10 a.m. and 2 p.m. for Hands-Only CPR demonstrations, free goodies, heart-healthy resources and more!



Join us at one of our **WEAR RED DAY** celebrations hosted in conjunction with the Louisville and Lexington Fire Departments!

FOR MEDIA: PROCLAMATION SIGNING AND INTERVIEW OPPORTUNITIES WILL TAKE PLACE AT 10:30AM



When: Friday, February 7 | 10:00AM-2:00PM
Where: Louisville Fire Department Quint 10
3401 Dutchmans Lane, Louisville, KY 40205



When: Friday, February 7 | 10:00AM-2:00PM
Where: Lexington Fire Department Station #24
2754 Magnolia Springs Drive, Lexington, KY 40511



120 DUCKS ARE ON THE LOOSE!

Our mascot, Hearty, got so excited while he was preparing for Heart Month with Ace the Duck (the Hands-Only CPR champion for the Kids Heart Challenge) that he accidentally let 120 ducks loose – which is also the recommended number of beats per minute when performing CPR! Now, we need your help to find them all across Kentucky!

When you spot one of our ducks, scan the QR code on it to learn Hands-Only CPR and discover nearby events and CPR demonstrations. Then, snap a picture with the duck and share it on social media! Tag @heartkentucky and use the hashtags #KenDuckyHasHeart and #CPRsavesLives to spread the word and encourage your friends to join the Nation of Lifesavers by learning this crucial lifesaving skill.



Find a complete list of Heart Month CPR events and more on our social media pages and at heart.org/kentucky