



American Heart Association®  
Heart Club™

Calendar

# Heart Club



**MAKE A DIFFERENCE**  
One Beat At A Time.

## Important details:

- This calendar is meant to be a helpful guide. You **do not** need to complete all activities listed. Dive into the activities that resonate most with your club members!
- All Heart Club members must complete the consent form, [www.heart.org/consentform](http://www.heart.org/consentform).
- Keep us in the loop on your events! We want to highlight Heart Clubs on social media, in newsletters, and even the press. Send a note to [heartclub@heart.org](mailto:heartclub@heart.org) to share your upcoming activities.



# Leadership Spotlight



Swara Rege, Michigan  
Northville High School

## National Youth Leadership Council

Congratulations to Heart Club Leaders Swara Rege and Ishanth Talanki on their acceptance to the first ever American Heart Association National Youth Leadership Council!

As council members, Swara and Ishanth will help amplify youth voices and shape engagement strategies, focusing on science, medicine, community impact, advocacy, and philanthropy.



Ishanth Talanki, Georgia  
Alliance Academy for Innovation

This prestigious council includes 15 outstanding high school and college student leaders from across the country, who will collaborate with AHA executives to drive innovation and inspire the next generation of youth volunteers—starting with Heart Club!

We are incredibly proud to have Swara and Ishanth representing Heart Clubs on this groundbreaking council. Their leadership will help expand opportunities, strengthen our mission and support Heart Club leaders like you in making an even greater impact!

# February Calendar

## American Heart Month

### FEB Key Dates

- **2/7** National Wear Red Day
- **2/7 - 2/14** CHD Awareness
- **2/26** HCM Awareness Day

### IMPACT

*Hypertrophic Cardiomyopathy (HCM) is the leading cause of sudden cardiac arrest in young athletes. Lead a Hands Only CPR & HCM awareness event this month!*

**Toolkit Coming Soon!**

[Learn more](#)

### LEADERSHIP

*Get RED-y for National Wear Red Day! Ask other student organizations to join you in raising awareness for women's heart health by wearing red on Friday, Feb 7!*

[Learn more](#)

### FUNDRAISING

**High School Clubs**  
*Sign up for One Week to Save Lives*

[Learn More](#)

**College Clubs**  
*raise funds while you celebrate Wear Red!*

[Learn More](#)

### WELL-BEING

*Sign up to receive the Empowered to Serve e-newsletter. Learn about our work in social justice for historically under-resourced communities and receive health lessons for your club!*

[Learn more](#)

## Heart Month Resources

[American Heart Month Toolkit](#)

[Wear Red Day Toolkit](#)

[Hands Only CPR Event Toolkit](#)

**Coming Soon! HCM & CPR Awareness Event Toolkit!**

## More ideas from Heart Clubs in action

### IMPACT

*Auburn University Heart Club made cards of hope and support for kids born with congenital heart disease (CHD).*

[Activity Toolkit](#)

[Learn more](#)

### LEADERSHIP

*Ayala Heart Club met American Heart Association science volunteers to gain career insights within the fields of public health, medicine and research.*

[Learn more](#)

### FUNDRAISING

*Ishanth and the Alliance Heart Club Co-President Kahan Patel, put the FUN in fundraising organizing several events and raising over \$1,500 to date!*

[Learn more](#)

### WELL-BEING

*Swara led the Northville Heart Club in learning about nutrition security and organized a heart healthy food drive.*

[Activity Toolkit](#)

[Learn more](#)