



American Heart Association

Healthy for Good™

Heart Month

OAME Contractors
& AEPT Meeting

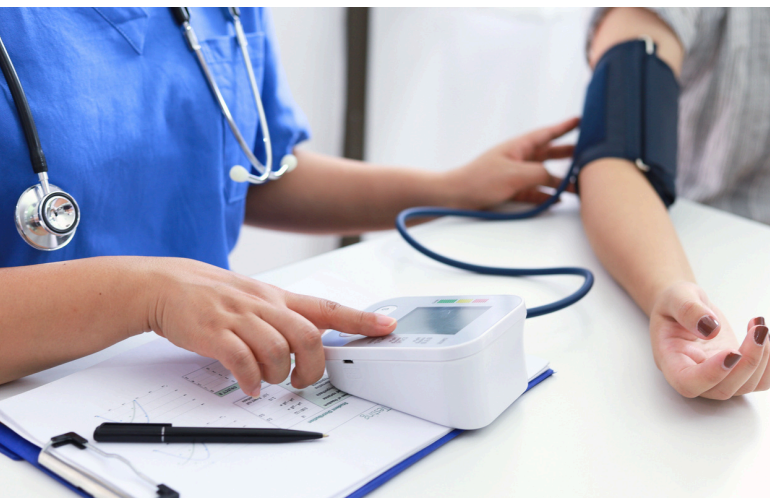
FEBRUARY 14

8:45-10AM



Event Highlights

- Hands-Only CPR Education
- Nutrition Information
- Sugary Drink Display
- Self-Measured Blood Pressure Education and Practice



Other Ways to Support

- **Develop a Cardiac Emergency Response Plan**

Ensure your team and community are prepared for a cardiac emergency by developing and implementing protocol detailing how to respond. Contact avery.dukes@heart.org to get started.

- **Join the Nation of Lifesavers**

Learn CPR today so you are ready to save a life by calling 911, delivering high-quality CPR and getting and using an AED as soon as it is available. Head to cpr.heart.org to get involved.

- **Know Your Numbers**

Knowing five numbers can give you a more accurate picture of your health. At your next appointment, talk to your doctor about how to keep them in target range to lower your risk of heart disease and stroke.

This event is locally sponsored by:



For more information:

@ahaOregon

cpr.heart.org