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June 2026 Newsletter



Share: B.E. F.A.S.T. for stroke

Stroke can affect anyone, at any age. Would your co-workers recognize the signs of stroke? Enable everyone to help, by teaching them to “B.E. F.A.S.T.” This easy memory device details the key warning signs. Learn and share what each letter stands for, and why it’s so crucial to act quickly.

B.E. F.A.S.T.

CPR & AED Awareness Week

Next week is National CPR and AED Awareness Week. It’s a great opportunity to equip your workforce to be lifesavers in case of cardiac arrest. Host CPR or AED

(automated external defibrillator) training. Or, share our videos, teaching Hands-Only CPR in just two steps.

CPR is vital



American Heart Association | 7272 Greenville Avenue, Dallas, TX, 75231, US

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