



# CONGRATULATIONS!

## YOU'VE BEEN NOMINATED AS A TEEN OF IMPACT FOR THE AMERICAN HEART ASSOCIATION'S INAUGURAL 2022 SELECTION CLASS

You've been exclusively recognized as a **changemaker** and are invited to **use your voice to make an incredible difference**, while gaining life-changing experience and connections.

For 8 weeks beginning in February, Teens of Impact will compete to earn as many points as possible by completing activities that further the mission of the American Heart Association. You'll fundraise, take charge of your health, advocate for important issues, and change policy.

In the end, you'll have gained experience, skills and connections in fields like healthcare, business, finance, leadership, nonprofit, and social media that will **set you apart on your college application and in your career.**

You will also receive a letter of recommendation from AHA executive leadership & have the opportunity for public recognition locally and regionally.



**THE TEEN WHO BRINGS THEIR NETWORK TOGETHER TO CREATE THE LARGEST IMPACT WILL BE NAMED THE 2022 TEEN OF IMPACT.**

# TEEN OF IMPACT TIMELINE

Your American Heart Association representative will work with you to identify your network and create a plan to maximize your individual impact.

## NOVEMBER 2021

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Teens of Impact are nominated and committed

## DECEMBER 2021

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Meet with your AHA representative to strategize and plan

## JANUARY 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Recruit friends and family to help maximize your impact

## FEBRUARY 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Changemaker Challenge **START**

Week of Awareness

Advocate for Change

Teen Voice on Vaping

## MARCH 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Move More

FAST Stroke Awareness

Mental Wellbeing

Healthy Eating

Save a Life - CPR

## APRIL 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

FINAL PUSH 

Celebrate your impact!

# ARE YOU READY TO MAKE AN IMPACT?

