



American Heart Association®

**KIDS  
HEART  
CHALLENGE™**

**AMERICAN  
HEART  
CHALLENGE™**

# Heart Hero



## Heather

### Survivor, Grade 10

Heather was just 13 when she collapsed in school from a cardiac arrest. After being saved by Hands-Only CPR and an automated external defibrillator (AED), she spent weeks in the hospital before receiving an implantable device that can shock her heart back into rhythm.

Heather doesn't take life for granted and stays healthy by exercising, watching what she eats and prioritizing her mental health. She continues to share her story to help the American Heart Association continue to advocate for CPR and AEDs in schools and communities across the country. She also encourages others to get involved in the Kids Heart Challenge/American Heart Challenge to support the American Heart Association's lifesaving work.

The **Kids Heart Challenge** and **American Heart Challenge** funds research that helps kids have longer and stronger lives. Your support helps families have hope and for that they are so grateful.

**Together, we are creating a world of longer, healthier lives.**