
















September 2019

Children's Cardiomyopathy Awareness Month Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Add Awareness Images on Social Media	2  Wear CCF Merchandise	3  Share a Heart Fact	4  Honor a Heart Kid	5  Distribute CCF Educational Materials	6  Organize a team to Walk for a Cure	7  Share a Heart Fact
8  Honor a Heart Kid	9  Share a Heart Fact	10  Educate School Staff	11  Share a Heart Fact	12  Give a School Presentation	13  Share a Heart Fact	14  Work on a Scouting Project
15  Share a Heart Fact	16  Share CCF Social Media Posts	17  Become a CCF Ambassador	18  Tell Others about CCF Research Needs	19  Share a Heart Fact	20  Recognize a Heart Hero	21  Find an AED in your Community
22  Review SCA Risk Factors	23  Join CCF's Expert Q&A	24  Join CCF's Webinar	25  Share a Heart Fact	26  Honor a Heart Kid	27  Write your Legislator	28  Share a Heart Fact
29  Walk for a Cure Event	30  Honor a Heart Kid					



Learn & Share



Take Action



Show & Tell

For more information about Children's Cardiomyopathy Awareness Month and details on each day's awareness activity, visit childrenscardiomyopathy.org/awareness2019