

AMERICAN HEART ASSOCIATION - PSA

60 SECOND SPOT

(MAE BONNACI)

THE AMERICAN HEART ASSOCIATION HAS BEEN FIGHTING HEART DISEASE AND STROKE SINCE 1924. THEIR MISSION IS TO MAKE A LONGER HEALTHIER LIFE FOR EVERYONE. ONE IN SIX PEOPLE WILL SUFFER A STROKE IN THEIR LIFE. IS THERE PAIN IN YOUR CHEST? DO YOU HAVE SHORTNESS OF BREATH? LEARN THE SIGNS. LEARN THE SYMPTOMS. LEARN F-A-S-T. FACE DROOPING. ARM WEAKNESS. SPEECH DIFFICULTY. TIME TO CALL 9 1 1. IT'S TIME TO START PUTTING YOUR HEALTH FIRST AND TAKING STEPS TOWARD A HEALTHIER LIFESTYLE. A SIMPLE WALK A DAY OR BIKE RIDE CAN MAKE ALL THE DIFFERENCE. JUST REMEMBER TO STAY HYDRATED. OR MAYBE YOU WANT TO JUST HELP MAKE A DIFFERENCE AND SAVE SOMEONE ELSE'S LIFE. . IF YOU WOULD LIKE TO VOLUNTEER OR DONATE GO TO WWW.DOT.HEART.DOT.ORG TODAY. OR CHECK YOU LOCAL COMMUNITY FOR UPCOMING BLOOD DRIVES SPONSORED BY THE AMERICAN HEART ASSOCIATION. IT'S NEVER TOO LATE TO HELP SAVE A LIFE.