



American
Heart
Association.

Don't Think You Can Raise \$1,000? It's Easier Than You Think.

Show your commitment and make a personal donation	\$25
Ask two friends to match your donation	\$50
Ask three family members to match your donation	\$75
Ask four coworkers to match your donation	\$100
Post a message on any employee and business resource groups you are a member of	\$100
Send emails to any networking or alumni groups you are involved in	\$200
Go Social! Post a message through your social media accounts. Don't forget to ask your professional network through LinkedIn!	\$300
Text your closest friends and ask for their support	\$150
TOTAL	\$1,000

You will make an incredible impact - thank you!

