

# Ways to Raise CHD Awareness



Declare a “Penny War” and use a jar or penny box with facts about CHD on it. At the end of the “war” donate the proceeds in the winners name.

Set up a “Heart Warmers” stand and sell hot chocolate. While you warm their heart tell them about CHD’s and have a flyer handy. Get creative! Decorate the cup with CHD facts. You can add red by topping with marshmallows and drizzling with strawberry sauce.



Ask a local sports team or association to dedicate a game for a “Red Out” where the entire team, fans and coaches wear as much red as possible (head to toe) in honor of CHD survivors and in memory of angels.



Wearable’s make great conversation starters!



CHD facts and other materials for printing can be found at our website

[www.mendedlittlehearts.org/chdresources](http://www.mendedlittlehearts.org/chdresources)

OR contact your local group leader.



Mended Little Hearts

A program of The Mended Hearts, Inc.