

Take the Pledge

Now you know how to be a Braver Lifesaver!

Next, take the pledge to share that you'll step up when the need arises.





Visit
BraverLifeSaver.com
to share Coach and the
two easy steps with
friends and family.

Start with your own heart

Before you save someone else's heart, save yours! **Take our heart health assessment** and give your heart some love. Just 5 minutes on your phone can give you important info on your own heart risk!



Take our heart health assessment

