

VOLUNTEER OPPORTUNITIES

NEW JERSEY



American
Heart
Association®

The American Heart Association needs the time and talent of volunteers to help us be a relentless force for a world of longer, healthier lives. Whatever your capabilities and interests are, we can find a volunteer opportunity that's right for you. The opportunities listed below offer flexible and convenient ways to volunteer.



Special Event Volunteers

Help us with day-of event logistics at some of our signature events such as the Heart Walk, Heart Ball, Go Red for Women Luncheon or CycleNation.



Event Attendee/Participation

Sign up or register to be a part of one of our many events from walks and cycling to luncheons and galas, which help raise funds for the American Heart Association/American Stroke Association.



Go Red Passion Committee

Members of this committee serve as the face of the organization through grassroots efforts such as creating, executing and/or assisting with Go Red for Women awareness opportunities and activities throughout the year.



Healthy for Good Committee

Promote healthy eating and physical activity through our four pillars: Eat smart. Add color. Move more. Be well.



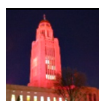
Multicultural Committee

This committee works to help positively impact the health of multicultural communities including high blood pressure programs, Power to End Stroke and Go Red Por Tu Corazon.



Community Impact Volunteer

Assist the American Heart Association at local community health fairs or events, setting up a table, sharing information and serving as liaison for the organization.



National Awareness Days

Encourage your company, neighborhood or community to participate in the American Heart Association's national icon days such as Wear Red Day, Move More Day or Eat Smart Day.



You're the Cure Advocacy Network

Urge federal, state and local lawmakers to take action on policy issues that impact the health of our communities such as tobacco regulation, access to healthy foods and stroke systems of care. Visit yourethecure.org



Public Spokesperson

Share our lifesaving messages as a member of our speakers bureau, media spokesperson or social media supporter/blogger. Heart disease and stroke survivors who share their experiences are especially effective.



Kids Heart Challenge

School staff: register your school for this educational fund-raising event at American.heart.org/kidsheartchallenge. Parents: help conduct one of these events at your child's school.



New Jersey Office Assistance

Our teams often need help with mailings, event prep, putting together packets, making phone calls and other administrative tasks in our Robbinsville and Saddle Brook offices. Call 609.208.0020 for more information.



Little Hats Big Hearts

Through this annual campaign, local knitter and crocheters donate homemade red baby hats. The hats are packaged into kits to provide new families healthy living information and handed out at local hospitals during February, American Heart Month.



@AHANewJersey



@AmericanHeartNJ



heart.org/NewJersey



(609) 208-0020