

## AHA Young Professionals Board Member Position Overview

### American Heart Association Mission

To be a relentless force for a world of longer, healthier lives.

### Your Chance to Make an Impact

By serving as a Young Professionals Board Member, you are part of a passionate, outgoing, and philanthropic group. Through volunteerism, we support and amplify the mission of the American Heart Association. The Young Professionals are a group of young adults who want to make a difference by increasing awareness and education of cardiovascular diseases and stroke, while having fun and making connections. We host regular mission-focused events aimed at education, thinking, and talking about prevention strategies for a heart healthy lifestyle. We volunteer in the community, meet up for social and fitness events, learn more about heart diseases and stroke, share our stories, advocate for heart policy, support fundraising for cutting edge research, and have fun along the way.

---

### Board Member Requirements Overview

#### Leadership Positions and Time Commitment



- Chair: Serves as the main contact point for the YP Board, ensures all goals and objectives are being met, and makes sure all members are participating actively. 2-year commitment.
- President: Serves alongside the Chair and provides mission updates to the group. 2-year commitment.
- YP Coordinator: A person that can keep everyone organized, take notes, send out reminders and follow-ups, etc. 2-year commitment.



#### Financial Support and Recruitment

- Fundraise through one the AHA's core campaigns (Go Red for Women, Heart Challenge, and the Heart & Stroke Ball).
- Help us build our committees by identifying other connections who could join you!



#### Board Process and Commitments

- Attend 3 out of 4 quarterly YP Board member meetings per year.
- Opportunity to participate on 1 of 3 Executive Leadership Teams: Heart Ball, Heart Challenge, Go Red for Women.



#### Spreading Awareness

- Serve as an ambassador for Heart by promoting events and the mission to your friends and networks.
- Participate in frequent YP events such as volunteering, social events, AHA events, etc.



#### Celebrate!

Participate in and enjoy your success!

Members of the **American Heart Association Hampton Roads**, Young Professionals Board are selected through a nomination process. To nominate an individual or to learn more, email Jaylyn Brown at [jaylyn.brown@heart.org](mailto:jaylyn.brown@heart.org).