



The AHA Young Professionals Mission Statement

**TO EDUCATE, TO CELEBRATE, TO GET PHYSICAL, TO SERVE,
AND TO INSPIRE THROUGH FUN AND FITNESS!**

young NYC
PROFESSIONALS

Over the past 10 years, the AHA NYC Young Professionals, reached amazing heights and developed into one of the most prestigious young professional groups in Manhattan. Thank YOU for bringing our group to the next level of excellence.

The numbers speak for themselves: we lose an American to heart diseases and stroke every 39 seconds. For young adults under the age of 40, our rates are rising. We'd going to change that.

We are young adults who want to make a difference by increasing awareness and education of cardiovascular diseases and stroke while having fun. We have been inspired to get involved, be it because our lives have been directly or indirectly affected by heart diseases and stroke, or because we just want to be part of this active community.

We host regular mission-focused events aimed at getting people learning, 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.

We are vibrant and bold, changing the face of heart disease today, tomorrow - one day at a time.

We are the American Heart Association Young Professionals of NYC. We are the YPs.