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## RETIREE BENEFITS News

### **Celebrating Black History Month: Focusing on Heart Health in the Black Community**

As we honor Black History Month, it's essential to recognize the significant contributions of Black Americans to our society and the unique health challenges they face. This month, the American Heart Association (AHA) emphasizes the importance of heart health within the Black community, highlighting the need for education, awareness and action.

According to the American Heart Association, Black Americans have the highest incidence of cardiac arrest outside of the hospital and are significantly less likely to survive.

The American Heart Association's Nation of Lifesavers campaign aims to address these issues by promoting CPR and AED training, which can significantly improve survival rates in cases of cardiac arrest.

**Take action!** To find a CPR course near you, visit [atlas.heart.org](https://atlas.heart.org).

For more information about the American Heart Association, including resources for healthy living and how to get involved in your community, visit [heart.org](https://heart.org).

**“It takes a dream to get stated, desire to keep going, and determination to finish.” – Eddie Harris, Jr.**