



Thrivent Action Team Ideas

Become a Heart Walk hero: Organize an online or in-person team of walkers to support heart health research. You and your team will help raise critical funds in your local community to support life-saving research.

Learn to save lives: Host CPR training class with a community partner. Learn updated techniques for administering hands-only CPR to help save a life, now including new COVID-19 safety protocols.

Support heart patients and caregivers: Help caregivers or someone living with a heart or stroke condition by delivering meals with heart healthy recipes or make heart shaped cookies.

Teach your community healthy habits: Facilitate an online healthy cooking demonstration, shopping skills presentation, or nutrition and heart health workshop to help everyone learn about healthy eating.

Host a book study or bible study: Choose a book or topic that focuses on healthy eating and lifestyles.

Host a fundraising event: Create an online fundraiser to support research and heart health patients anytime with our easy-to-use tools.

- Make heart shape pins to sell.
- Make a heart themed quilts and have an online auction.

Thrivent clients with membership can apply for an Action Team at [Thrivent.com/actionteam](https://www.thrivent.com/actionteam). More ideas can be found at [livegenerously.com](https://www.livegenerously.com).

Questions? Email SoutheastTMN@thrivent.com or reach out to your local Thrivent office.