



Dear Parent,

Today, your child learned how to save a life! Did you know that nearly 5000 people in the United States die from choking each year? Through the generosity of the Deaconess Foundation, your child was given the opportunity to attend the Heimlich Heroes' training program through his/her school or youth organization.

This program has been designed to teach young people:

1. How to recognize the signs of choking
2. What they can do to prevent or minimize the risk of choking
3. How to properly execute the Heimlich Maneuver® in order to save someone in a choking emergency

Through a rich, interactive online learning module, your child gained the knowledge and skills needed to provide help in this situation, and the confidence to step forward and become a Heimlich Hero.

**Heimlich Maneuver® – Truly Inspirational!**

We recommend that you and your child watch the training video together at home. Talk about it and ask your child to tell you about the training. The videos can be found in the **Resource Library** page on our website: [www.heimlichheroes.com](http://www.heimlichheroes.com).

You can also check out real life testimonials and news stories of true Heimlich Heroes on the Heimlich Heroes website.

These stories truly are inspirational! Children as young as six years old have been reported saving the lives of parents, siblings, or friends who were choking. We encourage you to help us spread the word about this important program.

We are excited to share this simple life-saving technique with you and your child, and we'd love to hear your stories if you have ever used or been saved by the Heimlich Maneuver®.

Sincerely,

**Heimlich Heroes**

*A Deaconess Initiative*