



Dear Parent,

Today, your teen 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 Associations Foundation, your teenager was given the opportunity to attend the Heimlich Heroes™ training program through their school or youth organization.

This program has been designed to teach participants grade eight to adult:

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® to save someone from a choking emergency

Through a rich, interactive virtual learning lesson and – if your school provided it – hands-on practice with specially designed training dolls, your teen 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 also watch the video at home. Talk about it with your teen and ask them to share what they learned. The video can be found on 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 our Everyday Hero page

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 teen!

Sincerely,

**Heimlich Heroes**  
*A Deaconess Initiative*