Pact to Act FAST: Activity Ideas for Your Church

* Highlight the information in your bulletin and from the pulpit on the day of the activity. Ask stroke survivors and caregivers to stand and be honored as well as those who have lost a family member to stroke.
* Staff a display table where people can pick up materials. Perhaps a stroke survivor or caregiver would like to help out at the table.
* Incorporate Pact to Act FAST into an already planned event such as a luncheon or dinner. Place materials at each place and have someone share the importance of Pact to Act FAST. Ask people to take the personal pledge or sign the Pact Signup Sheet.
* Ask a nurse from your parish to check blood pressure for people in your church. Provide materials on Pact to Act FAST and on blood pressure management. High blood pressure is a leading cause of stroke and one of the most manageable risk factors.
* Show the video provided by your local volunteer coordinator in a Sunday School class or small group. Invite a nurse from your church to join you to help answer questions.
* For events with more than 30 people, your local coordinator may be able to help you secure a speaker from the local medical community. Work with your coordinator to make a request for a speaker.
* Ask the pastor’s spouse to host a discussion group about stroke and why people hesitate to call 911. Use the materials provided to educate the group.
* Share the information with the youth group as they need to know about stroke signs especially when they are with grandparents and parents. Stroke happens at any age. We have proven results from previous awareness campaigns that young people have saved lives after being part of this simple learning experience.
* Create your own idea for sharing Pact to Act Fast within your church.