

# 5th Annual International CCHS Day

## November 9, 2019

### It Only Takes A Second...

*to fall asleep, to turn on a ventilator,  
to make a donation and move us forward years!*

The CCHS Foundation is thrilled to announce this year's International CCHS Day campaign. As our community knows, a lot can happen in the matter of a second...a shocking diagnosis, a trach plug, a cardiac pause, falling asleep, cessation of breathing. But good things can happen, too... including donations that can change the future of CCHS!

We are honored to name our 2019 CCHS Day Champions, actors and activists...

### Henry Winkler & Jonah Hill!

Henry and Jonah will be creating a public service video to spread the word and inspire the world to give a second to CCHS! This video will be released shortly before CCHS Day with the hope of going viral.

### Get Involved...

We are on the brink of hitting the \$1 million dollar mark since the creation of the Foundation in 2014. Help us make this a reality by getting involved. Here's how...

1. **Change your Facebook profile picture** to the CCHS Day logo. Save the attached .jpeg image to your computer and then upload into Facebook. Center the clock in the circle of the edit box and then click "Skip Editing" on the bottom left. Do not worry about including the bottom two lines in the circle. They will appear when someone clicks on your profile picture as long as you hit "Skip Editing". Go to [www.facebook.com/thecchsfoundation](http://www.facebook.com/thecchsfoundation) for an example.
2. Purchase a **CCHS Day 2019** t-shirt at [www.bonfire.com/cchs-foundation/](http://www.bonfire.com/cchs-foundation/). The store will close on **October 6th** to guarantee shipment for CCHS Day...so act fast!!!
3. The best and easiest way to make a difference this CCHS Day is to **create a Facebook Fundraiser** on your personal page. The CCHS Foundation has raised close to \$35k through Facebook Fundraisers over the past two years. Imagine how much support we could generate if we all used social media to advocate for our cause! For detailed information on how to create a Facebook Fundraiser, go to [www.facebook.com/help/990087377765844](http://www.facebook.com/help/990087377765844).
4. **Organize a CCHS Day event**...this could be anything from a family gathering, fundraiser in your neighborhood or school, or Dine & Donate at a local restaurant. We understand that organizing a fundraiser can be a daunting task. The Foundation has a team of volunteers who are eager to share tips and experiences. Please contact us at [mycchsfoundation@gmail.com](mailto:mycchsfoundation@gmail.com) with questions, ideas, and/or requests as you consider ways for your family to get involved!



**5TH INTL. CCHS DAY NOVEMBER 9TH 2019**  
**CCHSNETWORK.ORG**