



Just a **BALL**

a **SIMON'S** Heart project



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Anyone with rhythm can save a life. That's why we are calling on the world to **Pick a Song, Grab a Ball and Push to the Beat** as part of our "Just a Ball" campaign.

- **Pick a Song** from the Simon's Heart [CPR Jukebox Playlist](#).
- **Grab a Ball** from somewhere - any air-filled ball will work!
- **Push to the Beat.** It's guiding you in your lifesaving effort.

Whether you're a young athlete, coach or parent - these steps are all it takes to learn and practice life-saving CPR techniques. Just a ball and some rhythm, and you can save a life.

Post your video to Instagram, Facebook, or LinkedIn using #justaball and tag @simonsheart for a chance to win exclusive prizes.

Camera Shy?

Not a problem! You can still support our cause by posting one of these social media assets to your Instagram, Facebook, or LinkedIn, and encouraging your followers to learn more about our movement.

[Download here.](#)

Instagram Story



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Instagram In Feed



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Example Caption:

I am proud to support Simon's Heart for their Just a Ball campaign, raising awareness for life-saving CPR techniques using "Just a Ball." Check my link in bio to learn more.