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Media Contacts: Don Beehler at 615.566.0776 / don@abcdcommunications.com
Robyn Brooks at 513.771.2025 / execsupport@ahgonline.org

American Heritage Girls Forms National Cooperative Venture with Heimlich Heroes

Launch event and first AHG training to be held March 19 in Cincinnati area

CINCINNATI, Ohio (March 17, 2014) – Cincinnati-based [American Heritage Girls](#) (AHG), an international faith-based character-development program for girls ages 5 through 18, has joined with [Heimlich Heroes](#) to teach its members how to perform the Heimlich Maneuver when a person chokes on food or a small object. The training will be available free to all AHG troops nationwide.

The launch event and first Heimlich training session for about a dozen girls from AHG's Batavia, Ohio, troop will be held March 19 from 6:30-8 p.m. at Holy Trinity Church, Connelly Hall, 725 Wood St., in Batavia.

"Our troops support life in a variety of ways, and we are very pleased to announce this cooperative effort with Heimlich Heroes to provide our girls with life-saving training," said [Patti Garibay](#), AHG executive director and founder. "Across the nation our troops – which have a presence in all 50 states – will have the ability to use the Heimlich Heroes kit and hold a training event just like the one in Batavia."

The Heimlich Heroes kit includes a 12-minute instructional video, learning materials for students based on their ages, and the Heidi or Hank training doll, which provides hands-on practice of the maneuver. These specially-designed 42-inch dolls feature an internal diaphragm, lungs and a windpipe. The dolls' plastic mouths expel a peanut-sized foam cushion when the maneuver is performed correctly.

Practicing the maneuver on a doll helps children learn the approximate amount of pressure they need to exert, and it builds confidence that what they are doing is correct. When a life-threatening situation occurs, trained Heimlich Heroes are then ready to spring into action and save a life.

Upon completion of the training, girls will be awarded the Heimlich Heroes patch that they can wear on the back of their AHG vest or sash.

"Our goal is to train as many young people as possible on how to recognize the signs of choking and to learn the proper way to do the Heimlich maneuver, so they can confidently step forward and save a life," states Terri Huntington, program manager of Heimlich Heroes.

"We are thrilled to provide the girls and leaders of American Heritage Girls with this robust, hands-on training. Children as young as seven have been documented saving lives with this simple technique. We believe Heimlich Heroes is a wonderful fit with American Heritage Girls," she added.

Dr. Henry Heimlich, a Cincinnati chest surgeon, developed the Heimlich maneuver in 1974.

The Heimlich Heroes program is a Deaconess Associations, Inc. and Heimlich Institute initiative that teaches kids as young as seven how to become a hero by learning to perform the Heimlich Maneuver correctly in order to save a life. Both organizations are based in Cincinnati. For more information go to www.heimlichheroes.com.

Founded in 1995 in Cincinnati, Ohio, AHG currently has more than 33,000 members across the globe, with more than 740 troops in all 50 states. Girls in AHG participate in a wide array of badge programs, service projects, leadership opportunities and outdoor experiences. In the past four years, the organization has experienced 40-50% membership growth annually. For additional information, visit AHGonline.org.

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