

**Come join your friends**

**To learn more about**

**CPR and the AED**

**YOU MAY SAVE a LIFE**

**February 17, 2025. 10am – 12 noon**

According to the American Heart Association, over 350,000 people die of sudden cardiac arrest outside of the hospital each year.

Bystanders and family are not helpless to assist. In many cases they can provide vital support that will dramatically increase the victim's chances for survival.

Hands-only CPR is the chest compression part of traditional CPR. If you do chest compressions until EMS can get there, you will help give the victim their best chance at a good outcome.

Using an automated external defibrillator is also an important next step in cardiac arrest survival. Many AED's are now available in public places. It doesn't require certification to use. Just pull it off the wall and follow the simple 1-2-3 steps.

Chest compressions help circulate blood when the heart has stopped.

AED's help restore a normal heartbeat in certain situations.

**Call or text: 252-702-1722 to register.**

**Class limited to 50 people**