

Would you know what to do if someone needed CPR or was choking?

According to the American Heart Association*

- More than 350,000 cardiac arrests occur outside of the hospital each year
 - CPR, especially if administered immediately after cardiac arrest, can double or triple a person's chance of survival

* https://cpr.heart.org/AHAECC/CPRECC/AboutCPRECC/CPRECC/CPRECC/CPRECC/CPRECC/CPRECC/UCM_475748_CPR-Facts-and-Stats.jsp

Spend 30 minutes and learn how to save a life for FREE

Training available in ANY setting – office, community, school, daycare...
you name it and we'll be there!

Number of participants: Up to 40 people per session
Length of each session: 25-30 minutes
Available sessions: CPR and choking relief for Child/Adult
CPR and choking relief for infant (<1 year of age)

ALL WE NEED FROM YOU:

A quiet place for training

A/V equipment (or projector) ideal but not a requirement

Contact Mary Wilson CPR.jff@gmail.com to schedule your training TODAY!

This FREE event is sponsored by the

JUST FIGHT 
FOUNDATION