

SAVING LIVES IS IN YOUR HANDS!

Hampstead Fire Rescue is hosting a FREE 15-minute **Hands-Only CPR** class for anyone who is interested.
August 6, 2022, 10 am at Hampstead Public Library

- Sudden cardiac arrest is a too-common cause of death
- Only 30% patients receive CPR before EMS arrives
- Survivors are those who get CPR ASAP
- The only bad CPR is NO CPR!
- *This is not a certification course for professionals*; it is a chance for **ANYONE** to learn simple **Hands – Only CPR**
- Other public health information will be available at the event

To sign up: <https://forms.gle/a2UABxQkPIEmIjhk6>
or call 603.770.7954



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