

Heart Niagara to Provide Free Training in Celebration of CPR Month

Participants will have the opportunity to learn essential lifesaving skills

Niagara Falls - November 2, 2016: For 39 years, it's been Heart Niagara's mission to provide children and adults with the education, training and tools necessary to take control of their heart health. This November, in recognition of CPR Month, the non-profit organization is offering two free community CPR training sessions.

As many as 40,000 cardiac arrests occur in Canada each year, and up to 85 per cent of these happen in public areas or homes.

Although the majority of Canadians say they would recognize the signs if someone were experiencing a heart attack or another cardiac emergency, fewer than half say they have the skills to help in this common and life-threatening emergency.



Annually, Heart Niagara trains over 10,000 people in CPR and AED use. The ability to perform CPR and to know how to use an automatic external defibrillator (AED) can increase a person's odds of survival and recovery.

During CPR Month, two Heart Saver CPR certification sessions will take place at Heart Niagara's new location of 4635B Queen Street in Niagara Falls, on Monday, November 21st, 5:30pm-8:00pm, and Saturday, November 26th, 9:00am-11:30am.

Participants will learn essential lifesaving skills by using a CPR Anytime Kit (\$35 value), under the instruction of Heart Niagara's knowledgeable and friendly instructors. This kit is designed to be shared among close family and friends. For every kit distributed, it is estimated that 2.5 additional people are trained.

Registration for the free CPR training is required and space is limited to 25 people per session. Children 10+ are welcome to participate if accompanied by a parent or guardian, but they must also be registered.

For further information or to register for the free community CPR training please call 905-358-5552 ext. 102 or 112, e-mail info@heartniagara.com.

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Can you **SAVE A LIFE?**
Join Heart Niagara at one of our
FREE CPR Certification Events!

Heart
NIAGARA

www.heartniagara.com



For further information contact:

Heart Niagara Inc.

Phone: 905-358-5552

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For 39 years, Heart Niagara has been providing cardiac health education and services to the region on a non-profit level, relying on the generosity of the community to support its programs.

Making Niagara Heart Healthy Since 1977