



# Hands-Only CPR Training

**Saturday, September 14**

**1st Floor, Mary Hollis Conference Center**

Offered at 11:00 a.m.-noon AND 1:00-2:00 p.m.

Help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

The American Red Cross Hands-Only CPR presentation aims to educate the public on how to give effective compressions if a bystander is untrained, unwilling or unable to do the full CPR.

Note: this training is not a certification class.



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**American  
Red Cross**

