

# WOULD YOU KNOW WHAT TO DO...

if a family member or friend suffered cardiac arrest?

## LEARN HOW TO SAVE A LIFE.

Approximately 40,000 Canadians suffer cardiac arrest every year. 80% take place at home. Less than 5% survive. However, if CPR is performed in the first few minutes, it can increase the odds of survival and recovery by 30% or more.

### FREE CPR Training Clinic

#### Temiskaming Shores - Haileybury Arena

Wednesday, May 21, 2008  
Starting at 7:00 p.m.

#### Englehart - Englehart and District High School Gym

Thursday, May 22, 2008  
Starting at 7:00 p.m.

#### Kirkland Lake - Joe Mavrincac Community Complex

Friday, May 23, 2008  
Starting at 7:00 p.m.



## Participants can pre-register by calling 705-672-2626

Participating families will receive:

- An awareness course in CPR and Automated External Defibrillators
- A FREE CPR Anytime™ Family and Friends™ kit (valued at \$35)
- A certificate of participation



PUT YOUR HEART INTO IT.™ LEARN CPR.



HEART &  
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[www.heartandstroke.ca/restart](http://www.heartandstroke.ca/restart)