



FREE

45-Minute Training



**Date October 16th
Time 12:00 pm**

**Learning This Simple
Process Can Help Save
a Life**

**Offered by
Unity of Auburn
1212 High Street
Auburn, CA**

530-888-6489

www.unityofauburn.com

**Be ready to respond if
an emergency strikes.**



Did you know? Most people who survive a cardiac emergency are helped by a bystander.

In this training, you can learn to perform **Hands-Only CPR** so that you can help deliver life-saving care until professional responders arrive.

Your Instructor:



Rev Cherie Larkin, minister at Unity of Auburn, trained as a Red Cross volunteer and was certified in CPR through the Red Cross. She has performed bystander

CPR in an actual public sudden-collapse event.

You will need:

A willingness to act and a few simple skills.



In this training you will learn:

- How to assess if a person is responsive.
- When to call 911.
- How to position your hands, arms, and body to perform CPR.
- How hard and how fast to compress the chest.
- How long to continue chest compressions and when to stop.



Although the chances of having to give someone CPR in public is relatively rare, it's very important for everyone to be trained on how to give CPR.



In many instances an ambulance or other medical professional can be 5-10 minutes away or more.

Hands-Only CPR can help gain precious time for a person experiencing a cardiac event.

Every household should have at least one person trained in this life-saving skill.

Get trained today in **Hands-Only CPR** and encourage others to do so!

Please note:

CPR training certification is not provided through this course.



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