

# Save a life! Free CPR Training at Lenox Hill HealthPlex

30 7th Ave (between West 12th and  
West 13th streets)



## When:

**Tuesday, March 31 • 6pm - 8pm**

**Thursday, April 9 • 6pm - 8pm**

**Saturday, April 11 • 12pm - 2pm**

**Monday, April 13 • 6pm - 8pm**

**Monday, April 20 • 6pm - 8pm**

## Class details:

- For adults 18 and over
- Non-certificate training
- Limited to 15 students per class
- Participants urged to wear comfortable clothing

**Our facility is handicap-accessible.**

To enroll in a free CPR class, please contact Wayne Kawadler at [wkawadler@nshs.edu](mailto:wkawadler@nshs.edu) or (347) 802-7400.

**This event is funded by Lenox Hill HealthPlex and co-hosted by the following:**

US Congressman Jerrold Nadler  
Manhattan Borough President Gale Brewer  
NYS Senator Brad Hoylman  
NYS Assemblymember Deborah Glick

NYS Assemblymember Richard Gottfried  
NYC Councilmember Corey Johnson  
Manhattan Community Board 4  
Manhattan Community Board 2

*Turn over for important  
information on CPR.*



## What is CPR?

CPR (cardiopulmonary resuscitation) is an emergency procedure for a person whose heart has stopped (cardiac arrest) or is no longer breathing. CPR can maintain circulation and breathing until emergency medical help arrives.

## Why learn CPR?

Cardiac arrests are more common than you think, and the life you save with CPR is most likely to be a loved one's.

- Nearly 383,000 out-of-hospital sudden cardiac arrests occur annually, with 88 percent of them occurring at home.
- Many victims appear healthy with no known heart disease or other risk factors.
- African-Americans are almost twice as likely to suffer cardiac arrest and have lower survival rates than Caucasians.

Sudden cardiac arrest is not the same as a heart attack. Cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, causing the heart to suddenly stop beating. A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.

## Take Action!

If a person has a cardiac emergency, effective CPR performed immediately by a bystander can help **double** or **triple** the victim's chances of survival. Unfortunately, only 32 percent of cardiac arrest victims get CPR from a bystander.

**You can help change this number. Register to learn CPR today.**

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