

Save a life!
Free CPR Training
at Lenox Hill HealthPlex

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



When:

Saturday, March 7 • 10am - 2pm

Tuesday, March 10 • 6pm - 10pm

Saturday, March 14 • 10am - 2pm

Monday, March 23 • 6pm - 10pm

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.

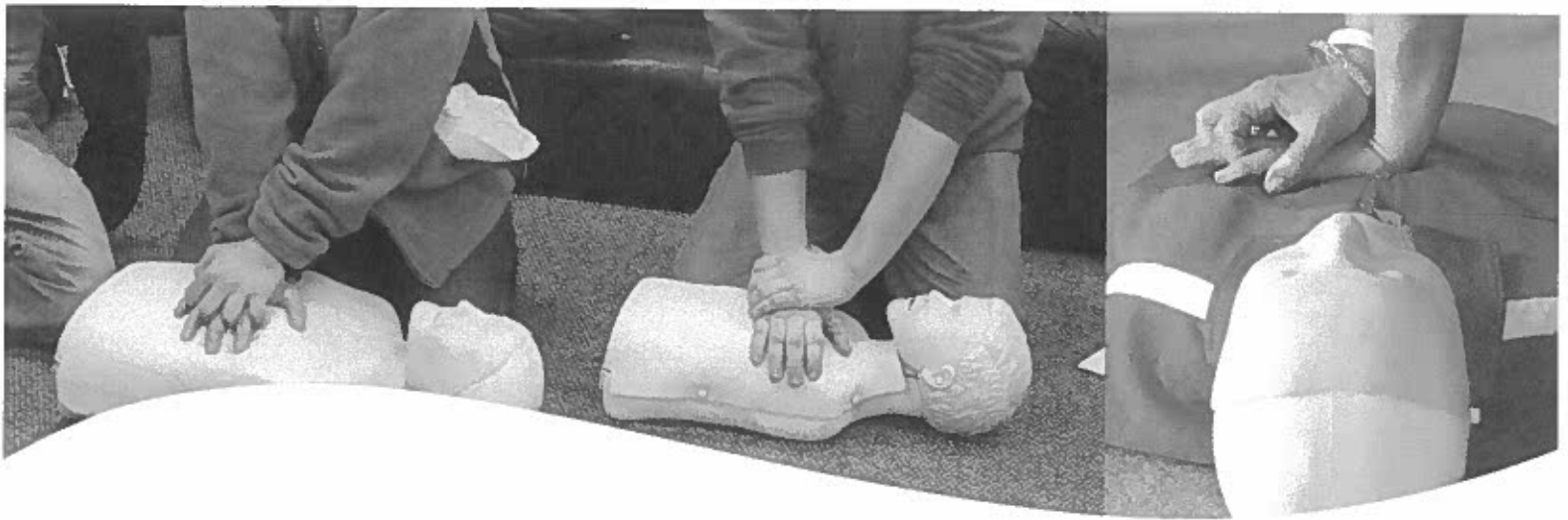
To enroll in a free CPR class, please contact Wayne Kawadler at wkawadler@nshs.edu
or (347) 802-7400.

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.

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