



Would you know what to do if your loved one suffered a life threatening emergency? If not book a place now at a:-

**FREE Two Hour
Heartstart Course (CPR etc)
At Widemarsh
Children's Centre
On Wednesday 11th March
7pm to 9pm**

**Booking essential, to book your place call
Lisa Badham at the Centre
on 01432 383430**

You will learn how to:- call for help, help someone who is unconscious, recognise the warning signs of a heart attack, deal with choking or serious bleeding and perform CPR (cardiopulmonary resuscitation).

Simple skills save lives

www.herefordshireheartstart.org Tel: 0845 60 60 654

Twitter @HeartStart_HFD

DONATIONS IMPORTANT

Herefordshire Heartstart is affiliated to the British Heart Foundation, but as a local initiative we do not receive any funding from them, nor the government for our scheme. We rely on donations and grants to keep this vital service running.