



**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 Bridge Street Sports Centre, Leominster**

**Tuesday 19th May  
6.30pm to 8.30pm**

**Booking essential, to book your place email:-  
[herefordshireheartstart@btconnect.com](mailto:herefordshireheartstart@btconnect.com)  
or Call **0845 60 60 654****

**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](http://www.herefordshireheartstart.org) Twitter @HeartStart\_HFD  
**REGISTERED CHARITY 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.