



Patron The Countess of Darnley JP.  
Her Majesty's Lord-Lieutenant of  
Herefordshire

Registered Charity No: 1082309

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

**FREE Two Hour  
Heartstart Course (CPR etc)  
At Lady Hawkins'  
School, Kington**

**on Thursday 30th June  
7pm to 9pm**

**Booking essential, to book your place email:-  
[info@herefordshireheartstart.co.uk](mailto:info@herefordshireheartstart.co.uk)  
Or Call 01432 850067**

**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**