

Hands Only CPR



KNOW IT. FEEL IT. PUSH IT. KEEP IT.

Learn and Practice how to provide Hands-Only CPR to a teen or adult who suddenly collapses.

Learn to:

#1 call 911

#2 Push hard and fast in the center of the chest to the beat of any tune that is 100-120 beats per minute.

Hands-Only CPR Can Save Lives. Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene. As a bystander, don't be afraid. Your actions can only help.

**Tuesday,
April 23, 2019
5:00-6:15 p.m.**

**Elkhorn High School
482 East Geneva Street,
Elkhorn, WI 53121**

Athletic Classroom

Enter door # 34 next to the pool

FREE

**To register, call 800-499-5736 or visit
aurora.org/events and search using
keyword "CPR."**