

# 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](http://aurora.org/events) and search using keyword "CPR."