

September 11, 2015

FREE HANDS-ONLY CPR TRAINING IN MARTIN COUNTY

Help the Florida Department of Health Celebrate World Heart Day



Contact:

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Martin County, FL — The Florida Department of Health in Martin County, in partnership with the American Red Cross and the Martin County Library System, invites you to participate in Hands-Only™ CPR training on Sept. 29. The department is hosting trainings in each county in celebration of World Heart Day, an annual event created by the World Heart Foundation to remind everyone that heart disease and stroke are the world's leading causes of death.

Hands-Only™ CPR is cardiopulmonary resuscitation without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an “out-of-hospital” setting, such as at home, at work or in a park. In the event of a cardiac emergency, people are more likely to perform Hands-Only™ CPR and ultimately save a life.

What: **Hands-Only™ CPR Training**

When: **Tuesday, September 29, 2015**

Where: **Elisabeth Lahti Library Indiantown 10:00 am & 11:00 am**
Blake Library Stuart 1:30 pm & 2:30 pm

When posting on social media, please use the hashtag #FLHearts.

World Heart Day is celebrated in collaboration with Healthiest Weight Florida, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health in Martin County, please visit www.MartinCountyHealth.com

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