SAVE THE DATE!

100 x HARD
FAST
HEART START
NMHI FOUNDATION

2014 NM PROJECT HEART START DAY

SATURDAY, JUNE 7, 2014

Free Training, Convenient Locations:
Albuquerque - UNM at Johnson Center
Rio Rancho - Sabana Grande Recreation Center

LEARN:
- How to perform the new and easy compression-only CPR
- How to recognize the symptoms of a heart attack and what to do
- How to use an automated external defibrillator (AED)
- How to save a choking victim

For times and details visit ProjectHeartstartNM.org

WWW.PROJECTHEARTSTARTNM.ORG
Don’t miss this opportunity!!!

2014 NM Project Heart Start Day sponsored by the New Mexico Heart Institute.

Come and learn Compression only CPR. Boy Scout Troops and Cub Scout Packs are invited and encouraged to attend this free training event. Simply have your boys and leaders show up. Wear uniforms if possible.

Why?
Sudden Cardiac Arrest is a leading cause of death. Over 300,000 out-of-hospital cardiac arrests occur annually in the United States. Performing compression-only or hands-only CPR can greatly increase a victim’s chance of survival. In the past when someone collapsed fewer than 30% of the time CPR was performed. Now with the new CPR bystanders are attempting CPR 70% of the time.

When?
June 7, 2014
Visit projectheartstartnm.org for schedule.

Where?
The training program begins with a 12-minute video that demonstrates how to perform compression-only CPR, the Heimlich maneuver, and utilization of the AED. Next is a 15 to 30 minute hands-on session with a mannequin and a facilitator who works with 5 to 10 students allowing them to practice chest compressions and the Heimlich maneuver.

The following cities will host the short hands on training on June 7, 2014.

Rio Rancho
Meadowlark Senior Center
4110 Sabana Grande
Rio Rancho 87124

Albuquerque
Johnson Center (Gym)
UNM Campus 87106
Gallup  
JFK Middoe School  
600 Boardman Drive  
Gallup 87301

Santa Fe  
Santa Fe Convention and Visitor’s Bureau  
201 W. Marcy Avenue  
Santa Fe 87501  
P) 505-955-6200

Los Alamos  
Fuller Lodge  
2132 Central Avenue  
Los Alamos 87544  
(505-622-1635)

Taos  
Taos Youth and Family Center  
407 Paseo del Canon East  
Taos

For questions, call  
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Council Activities Chair  
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