

FREE HANDS ONLY CPR VIRTUAL TRAINING

LEARN HOW TO SAVE A LIFE



Hands Only CPR can save many lives in our community with people who are trained to give sudden cardiac arrest victims the immediate help they need to survive until professional medical help arrives.



Class will be held
The 2nd Thursday of the Month from 6pm-8pm
And
The 3rd Saturday of the month from 10am-12pm
Registration is required

Click this link to register online:

<https://survey.pbcgov.com/s3/FR-Virtual-Hands-Only-CPR-Registration>
or call 561-616-7033

What you will need:

1. Email address
2. Computer with internet
3. Doll, Pillow, stuffed animal or ball to use as practice tool.

