



Red Cross CPR Saturday is June 5

Join us in celebration of National CPR/AED Awareness Week

Cardiovascular disease is the number one killer of people over the age of 45, and is a risk factor in sudden cardiac arrest, which kills over 300,000 every year. However, many of these deaths are avoidable. That's why the American Red Cross of Lee County has planned a special CPR/AED training event that will be held on June 5 at chapter headquarters (6310 Techster Blvd #7, Fort Myers, FL 33966).



The one-hour training sessions will be offered for \$2 to the public at 8:30 a.m. and 11 a.m. Everyone is welcome, but due to space limitations, pre-registration is required.

At CPR Saturday, you will have the opportunity to have qualified CPR/AED instructors walk through hands-on practice on CPR training manikins. They will teach you how to recognize an emergency, call for help, and perform rescue breathing and CPR/AED.

“Knowing how to perform CPR and how to use an AED are essential life skills that everyone needs, according to Karen Prohaska, Lee County Red Cross Health and Safety Director. “Come to CPR Saturday on June 5 and learn how to save a life.”

Who: American Red Cross of Lee County

What: CPR Saturday training event

When: June 5 (8:30 or 11 a.m.)

Where: 6310 Techster Blvd #7, Fort Myers, FL 33966

Why: To learn how to save a life

Register: Online at **ARCLCC.ORG**

Questions: Call the chapter at 239-278-3401

The Red Cross is dedicated to helping make families and communities safer at home and around the world. It provides training in life-saving skills and mobilizes relief to victims of disasters in addition to assisting members of the U.S. Armed Forces and their families. For additional information about the Red Cross and the assistance it provides, making donations, registering for a class or volunteering, call 278-3401, or log on to arclcc.org. The American Red Cross of Lee County is a proud member of the United Way of Lee County.

American Red Cross, Lee County Chapter
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