



HELP EAST HADDAM BECOME A HEARTSafe Community!

WHAT: Learn Adult CPR and how to use an AED

WHO: Everyone! 12 years or older

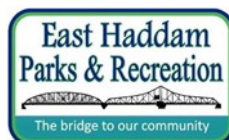
WHEN: Sat., February 14th 10am – 1pm

WHERE: East Haddam Elementary School Gym

WHY: Friends, family, and bystanders are more likely to witness the onset of a cardiac event. Citizens trained in CPR and AED can initiate care and alert the EMS system.

Cardiovascular disease is the leading cause of death in the nation and Connecticut. Approximately 4,500 Connecticut residents die each year due to sudden cardiac arrest. Most of these deaths occur out of the hospital, away from advanced medical assistance and usually happen in the presence of a friend, family member or co-worker. Would you know what to do if it happened to someone in front of you?

For more information or to sign up, please email ehaa911@gmail.com



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