

# June 1-7, 2014 is National CPR Week



Depending on the circumstances, cardiac arrest can happen to anyone of any age at any time. According to the American Heart Association, CPR can double or even triple a victim's chance of survival. Alaska Regional Hospital wants to provide you with this potentially life-saving training. Join us for free Hands-Only CPR sessions during National CPR Week, June 1-7.

\* Please note: Hands-Only CPR training does not result in a course completion card.

## FREE Hands-Only CPR Training\*

Alaska Regional Medical Plaza, 1200 Airport Heights  
Classrooms 1 & 2, Mezzanine Level

Seating is limited. Please reserve your space to:  
264-1113 or [audry.patrick@hcahealthcare.com](mailto:audry.patrick@hcahealthcare.com)

### Adult/Teen Hands-Only CPR, includes Public AED Use & EMT Readiness (40 minute session)

Monday, June 2 • 11:00 a.m. / 12:30 p.m.

Tuesday, June 3: • 11:30 a.m. / 12:15 p.m.

Wednesday, June 4 • 5:00 p.m. / 6:30 p.m. / 7:15 p.m.

Thursday, June 5 • 5:00 p.m. / 6:30 p.m. / 7:15 p.m.

Friday, June 6 • 11:00 a.m. / 12:30 p.m.

Saturday, June 7 • 8:30 a.m. / 10:00 a.m. / 10:45 a.m.

### Infant CPR (20 minute session)

Monday, June 2 • Noon

Tuesday, June 3: • 11:00 a.m.

Wednesday, June 4 • 6:00 p.m.

Thursday, June 5 • 6:00 p.m.

Friday, June 6 • Noon

Saturday, June 7 • 9:30 a.m.

- Adult/Teen CPR: 20 spots available in each session
- Infant CPR: 10 spots available in each session

# NOT BIGGER JUST BETTER



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