

Free CPR Training – Preparing You to Save a Brain and a Life

Every year members of the Middleburg Community suffer brain damage or die after a fall from a horse, in a traffic accident, due to an accidental overdose or from a heart attack or stroke because no one administered CPR while waiting for the EMTs. This is a serious problem because it only takes 6 minutes without oxygen for the brain to start to die, but it often takes 8 minutes or longer for the EMTs to come. Join us for free CPR training to learn how to bridge this gap and save a brain and maybe even a life.

Melissa Schaaf, an experienced and certified instructor, will teach you how to perform cardiopulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED) on specially designed manikins. Learning and practicing the various CPR techniques will help you feel confident and prepared to act in the event of an emergency. No mouth-to-mouth resuscitation required, we promise!

Space is limited. Please sign up at: bit.ly/MWD-CPR (URL is case sensitive).