

February is Heart Month

Heart Niagara Celebrates Heart Month with Free CPR Training!



For 40 years, it's been Heart Niagara's mission to provide children and adults with the education, training and tools necessary to take control of their heart health.

This February, in recognition of Heart Month, the non-profit organization is offering a FREE community CPR training session in St. Catharines.

As many as 40,000 cardiac arrests occur in Canada each year, and up to 85 per cent of these happen in public areas or homes.

Although the majority of Canadians say they would recognize the signs if someone were experiencing a heart attack or another cardiac emergency, fewer than half say they have the skills to help in this common and life-threatening emergency.

Annually, Heart Niagara trains over 10,000 people in CPR and AED use. The ability to perform CPR and to know how to use an automatic external defibrillator (AED) can increase a person's odds of survival and recovery.

The Heart Saver CPR certification session will take place at the Grantham Optimist Club, 188 Linwell Rd, St. Catharines, on Saturday, February 4th, from 9:00am - 12:00pm.

Participants will learn essential lifesaving skills by using a CPR Anytime Kit (\$35 value), under the instruction of Heart Niagara's knowledgeable and friendly instructors. This kit is designed to be shared among close family and friends. For every kit distributed, it is estimated that 2.5 additional people are trained.

REGISTRATION IS REQUIRED!

*Registration for the free CPR training is required and space is limited to 50 people.

Children 10+ are welcome to participate if accompanied by a parent or guardian, but they must also be registered.

For further information or to register for the free community CPR training please call 905-358-5552 ext. 102 or 112, e-mail info@heartniagara.com.

Donations are welcome.

Making Niagara Heart Healthy Since 1977