

# FREE HANDS-ONLY CPR TRAINING

#CPRSAVESLIVES

## 2 STEPS TO SAVE A LIFE



### Information:



Know it.  
FEEL it.  
Push it.  
KEEP it.



Hands-Only CPR is nationally supported by



FIND US ON:



[www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr)

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life is why™