



FREE CPR & DEFIBRILLATOR Awareness Session

**Saturday 15th November
10.30am – 12.30pm
St Michael & All Angels
Chalton, PO8 0BG**

*This session, provided by South Central
Ambulance Charity, will cover:*

- What is a cardiac arrest?
- Safe use of a defibrillator
- How to provide effective CPR

A practical session where attendees can practice CPR
and use the training defibrillator

ALL WELCOME