

Sept. 25, 2015

FREE HANDS-ONLY CPR TRAINING IN PINELLAS COUNTY

Help the Florida Department of Health Celebrate World Heart Day



Contact:

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The Florida Department of Health in Pinellas County, in partnership with St. Petersburg Fire & Rescue and Largo Fire Rescue, invites you to participate in [Hands-Only™ CPR](#) training on Tuesday, Sept. 29, at locations in St. Petersburg and Largo. The department is hosting trainings in each county in celebration of World Heart Day, an annual event created by the World Heart Foundation to remind everyone that heart disease and stroke are the world's leading causes of death.

The events are free and do not require a reservation. The technique takes only minutes to learn and will be offered several times between 11:30 AM and 1:30 PM. The first 75 participants to attend a session at either location will receive a heavy-duty, insulated shopping bag to celebrate World Heart Day.

Hands-Only™ CPR is cardiopulmonary resuscitation without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an "out-of-hospital" setting, such as at home, at work or in a park. In the event of a cardiac emergency, people are more likely to perform Hands-Only™ CPR and ultimately save a life.

What: Hands-Only™ CPR Training

When: Tuesday, Sept. 29
11:30 AM-1:30 PM

Where: **DOH-Pinellas in St. Petersburg (by St. Petersburg Fire & Rescue)**

205 Dr. Martin Luther King Jr. St. N.

Upstairs conference room

DOH-Pinellas in Mid-County (by Largo Fire Rescue)

8751 Ulmerton Rd., Largo

Outside conference room

When posting on social media, please use the hashtag #FLHearts.

World Heart Day is celebrated in collaboration with Healthiest Weight Florida, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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