

September 22, 2015

## FREE HANDS-ONLY CPR TRAINING IN SEMINOLE COUNTY

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**Sanford, Fla.** – The Florida Department of Health in Seminole County (DOH-Seminole), in partnership with the City of Sanford Fire Department and CPR + AED Foundation, invites you to participate in [Hands-Only™ CPR](#) training on Tuesday, September 29, 2015. The Florida Department of Health 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 Hands-Only CPR trainings will take place at DOH-Seminole, 400 West Airport Boulevard, Sanford, Florida and Casselberry Fire Department Station 21, 681 Seminola Boulevard, Casselberry, Florida. Both training locations will offer two sessions – 11 a.m. to noon and noon to 1 p.m. To register, please contact Brittney Frazier at 407-665-3212 or [Brittney.Frazier@flhealth.gov](mailto:Brittney.Frazier@flhealth.gov).

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.

“In 2013, twenty-five percent of all deaths in Seminole County were attributed to heart disease,” said Dr. Swannie Jett, Health Officer for DOH-Seminole. “Risk factors such as high blood pressure, tobacco use, obesity and physical inactivity can increase incidence of heart disease. Seminole County residents are encouraged to not only register, but also invite loved ones to participate in World Heart Day events.”

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](http://www.healthiestweightflorida.com). When posting on social media, please use the hashtag #FLHearts.

Visit [seminole.floridahealth.gov](http://seminole.floridahealth.gov) for more information. The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at @HealthyFla and on Facebook. For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

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