



# Your Hands Can Save a Life

## **Hands-Only CPR Educational Session**

**Be prepared to save a life!**

Learn Hands-Only CPR, a lifesaving technique, which increases the chance of surviving cardiac emergencies.

**Tuesday, September 29, 2015**  
**11 a.m. - noon or**  
**noon - 1 p.m.**

Call 407-665-3212 to register for one of the sessions.  
Sessions are free and open to the public.

**Instructor: Karyn Stanley, Lieutenant**  
City of Sanford Fire Department

**Florida Department of Health in Seminole County**  
Office of Health Promotion and Education  
400 West Airport Boulevard, Sanford, Florida 32773

