



Would you know what to do if a friend or family member suffered a life-threatening emergency? Gain the skills to become a potential lifesaver!

FREE PUBLIC HEARTSTART COURSE

10am-12md SATURDAY 22ND JUNE

BODENHAM PARISH HALL

BODENHAM, HEREFORD HR1 3LJ

Book by email: j.stephens62@btinternet.com

You will learn how to: call for help, help someone who is unconscious, recognise the warning signs of a heart attack, deal with choking, severe bleeding and perform CPR including the use of a defibrillator.

Refreshments available afterwards in aid of Bodenham Parish Hall

Donations accepted at the end of each course which we rely on to keep this vital service running.

REGISTERED CHARITY NO: 1177931

www.herefordshireheartstart.org