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February 23, 2010
Immediate Release

LRHS offers public Heartsaver® First Aid with CPR, AED course

La Porte, IN - La Porte Regional Health System (LRHS) will offer the Heartsaver® First Aid with CPR and AED course on Saturday, March 6 from 8 a.m. to 4 p.m. at 1100 Lincolnway, La Porte.

The course is based on the American Heart Association (AHA) guidelines, offering training on how to perform CPR on adults, children and infants, how to use an Automatic External Defibrillator (AED) and basic first aid techniques, including bandaging, splinting and environmental emergencies. Participants will receive a two-year certification from the AHA upon successful completion of the class.

According to the AHA, about 70 to 80 percent of all sudden cardiac arrests occur in the home. Effective bystander CPR, provided immediately after sudden cardiac arrests, can double or triple a victim's chance for survival.

The course costs \$55 per person, including teaching materials. Payment options include: cash, credit card (Visa, MasterCard, Discover or American Express), money order or business check.

The course is open to the public, and pre-registration is required. Class size is limited. The course is required for persons interested in becoming a Heartsaver® Instructor.

For more information or to register, call (219) 326-2322 or visit www.laportehhealth.org.

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