



LAKELAND HILLS YMCA PRESENTS:

*Compression Only CPR
& Cardiac Emergency
Workshop*

Damar Hamlin's FREE
#3forHeart™ CPR Challenge

Come and learn how to identify and act in the event of a cardiac emergency. In this workshop you will learn how to perform compression only CPR.

This class will not certify participants.

**THURSDAY, MAY 18, 2023
SESSION 1: 1:00 PM
SESSION 2: 1:45 PM**




SCAN ME 

[HTTPS://WWW.GCRCNJ.ORG/COMPRESSION-ONLY-CPR/](https://www.gcrcnj.org/compression-only-cpr/)


Gateway
COMMUNITY RESOURCE CENTER

513 Birch Street
Boonton, NJ 07005

Sign-ups for this workshop are encouraged. Space is limited.