

Free

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myrick

training services

A guide on how to save a life

AED & CPR Workshop

Sudden cardiac arrest is one of
the UK's biggest killers!



Learn how to:

- Perform CPR
- Safely use an Automated External Defibrillator

2 hour workshop

Held at Myrick House, Hendomen, Montgomery SY15 6EZ

Monday 5th June

10am - 12pm

Performing CPR while waiting for medical assistance can greatly increase a person's chance of survival from cardiac arrest.

01686 668670



MTS@MYRICK.CO.UK



WWW.MYRICK.CO.UK

