



CPR: Everyone deserves a chance

In support of **Restart a Heart Day** (16th October), St John Ambulance are running free first aid sessions and community events throughout October, where you and your family can learn the lifesaving skills of **CPR** and **how to use a defibrillator**. This helps communities gain basic resuscitation skills, increasing the number of people surviving out-of-hospital cardiac arrests.

Activity: Free CPR and Defibrillator Training

Date: Sunday 16th October 2022

Time: Open event 10:00 – 16:00

Location: St John Ambulance
Collum Ave, Scunthorpe, DN16 2TF

FIRST AID
SAVES LIVES

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