



**SAVE A LIFE**  
**LEARN HANDS-ONLY™ CPR**



World Heart Day is an annual event that takes place on the 29th of September to remind everyone that heart disease and stroke are the world's leading causes of death. This year, the theme is creating heart-healthy environments and the Florida Department of Health is working to ensure all Floridians have the tools needed to save a life using hands only cardiopulmonary resuscitation (CPR). Research has shown that early CPR can make a difference in survival rates of heart attack victims. Using Hands Only CPR can double or triple the survival chances for a cardiac arrest victim.

The Florida Department of Health in Dixie County, in partnership with Dixie County Emergency Services invites you to participate in FREE Hands-Only CPR demonstration on Sept. 29.

DEMONSTRATIONS OFFERED AT THE FOLLOWING LOCATIONS  
ON SEPTEMBER 29th:

10:00 AM—12:00 PM  
Dixie County Public Library  
16328 SE 19 HWY  
Cross City, FL 32628

1:00 PM—3:00 PM  
Dixie County Emergency Operations  
Center  
17600 SE 19 HWY  
Cross City, FL 32628

