

Learn
to save
a life



Mid Ulster Restart a Heart Day

This FREE training will provide participants with the knowledge and skills to deal effectively with emergency situations.

18 October 2016

Session 1: 10am-12pm

Session 2: 6.30pm - 8.30pm



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

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Mid Ulster District Council in Partnership with the Northern Health and Social Care Trust, the Southern Health and Social Care Trust, British Heart Foundation (NI) and the Northern Ireland Ambulance Service aim to increase awareness of the importance of bystander CPR to increase the chance of survival when someone has a cardiac arrest.

Who should attend?

Anyone who wants to learn how to perform CPR in the event of a cardiac arrest.

Where and When?

Training sessions will take place in:

- Cookstown Leisure Centre
- Dungannon Leisure Centre
- Greenvale Leisure Centre

There will be morning (10am-12pm) and evening (6.30pm-8.30pm) sessions available.

To register:

Call: Sam Scott on 03000 132 132

Email: health.wellbeing@midulstercouncil.org

Please outline which session and which venue you wish to attend.