



BATON ROUGE
CARDIOLOGY CENTER

Learn to Save a Life!

Hands-Only CPR & AED Training

Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or, in public. Join Baton Rouge Cardiology Center for FREE CPR training to help protect those you care about and then share the information with the important people in your life.

Cardiac arrest is when the heart stops beating. And it is more common than you think. It can happen to anyone at any time. Seven out of 10 cardiac arrests occur at a home or residence. Many victims appear healthy with no known heart disease or other risk factors. About 10% of people who go into cardiac arrest at home or work do not survive.

Sadly, 70% of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR (cardiopulmonary resuscitation) or their training has significantly lapsed. CPR is the emergency life-saving procedure performed when a person stops breathing or the heart stops beating. Hands-Only CPR is done without breaths— you only use your hands. And, Hands-Only CPR can help you save a life. In fact, immediate CPR can double or triple the chances of survival after sudden cardiac arrest. The life you save is most likely to be someone you love.

Offered During East Baton Rouge Parish Library Staff Development Day

- ▶ **Date:** Thursday, April 17, 2025
- ▶ **Location:** Large Meeting Room, EBRPL Main Library, 7711 Goodwood Blvd, Baton Rouge, LA 70806
- ▶ **Choose Your Session:**
 - > 1:15 PM - 1:55 PM (Breakout Session 2)
 - > 2:10 PM - 2:50 PM (Breakout Session 3)

For More Information:

Please feel free to reach out with any questions.

We Value Your Opinion!

If you participated in the training, please share your positive feedback.

Contact us by phone: 225-214-7525

Email us at: elundgren@brcardiology.com

Learn more: www.brcardiology.com/CPR



A strong Chain of Survival can improve chances of survival and recovery for victims of cardiac arrest. CPR is a critical step in the AHA's Chain of Survival.