

FOR IMMEDIATE RELEASE

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Save a Life, Learn CPR

According to the American Heart Association, About 75 to 80 percent of all out-of-hospital cardiac arrests happen at home, so being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one. Effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival.

As part of National CPR Training Week, Hopkins United Hospital will be offering a day of free CPR training at its Bayside Clinic, November, 21, 2009.

WHO: Staff of Bayside Clinic (a unit of Hopkins United Hospital).

WHAT: A day of basic CPR training, free and open to the community.

WHERE: Bayside Clinic, Hopkins United Hospital, 205 Elm Street, Hopkins, MN.

WHEN: 10 a.m. to 4 p.m., Saturday, November, 21, 2009. Each training session takes about a half-hour. Sessions will begin on the half-hour throughout the day.

WHY: The event will highlight the importance of basic CPR training for everyone and demonstrate how easy it is to learn. "Heart-Healthy Living" guides will be distributed to everyone attending the training sessions.

Janice Panitoni, the head of the Bayside Clinic, will be available throughout the day for press interviews.

For more information contact Julie Smith, Community Relations Liaison, Hopkins United Hospital, at the above number, or by e-mail: jscr1@hopkins.org.