



# Heartbeat Highway

Northland  
Southland

**1 in 10 people survive a cardiac arrest**

**Learn CPR and help make a difference in your community**

This October we are on a mission to provide 3 Steps for Life training to as many people as we can. This free training is designed to give you the confidence to take action if someone suffers a cardiac arrest by:



**Calling 111**

Step one



**Starting CPR**

Step two



**Using an AED**

Step three

**Come along to a 3 Steps for Life session:**

**Date:**

**Location:**

**Contact:**

