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Saint Francis Hosting Free CPR Training

JUNE 03RD 2015 BY DEE LOFLIN

Saint Francis Hosting Free CPR Training

Cape Girardeau, Missouri - In one minute, you can learn how to save a life. On Saturday, June 6, Saint Francis Medical Center will host free CPR trainings as part of National CPR and AED Awareness Week (June 1-7).

According to the American Heart Association, 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you care about: a spouse, parent, child, friend or co-worker.

The CPR training is available to anyone age 12 and older and will be offered in sessions from 8 am to 3 pm in the Health and Wellness Center conference rooms, Entrance 8 (150 S. Mount Auburn Road). Space is limited and registration is required; please call 573-331-5107 to sign up.

Saint Francis is an authorized CPR training center for the American Heart Association and qualified instructors will teach attendees step-by-step how to perform CPR properly. The cost is regularly \$30 but is free on June 6 as part of the American Heart Association's efforts to increase knowledge of CPR.

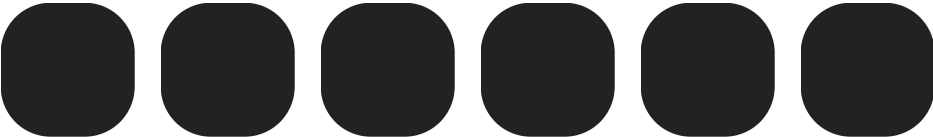
Saint Francis Medical Center is a 284-bed facility serving more than 650,000 people throughout Missouri, Illinois, Kentucky, Tennessee and Arkansas. Guided by its mission to provide a ministry of healing and wellness inspired by its

Christian philosophy and values, the Medical Center has become a progressive, innovative regional tertiary care referral center. Saint Francis' major service lines, which have received national recognition, include the Neurosciences Institute; Orthopedic Institute; Family BirthPlace, featuring the region's first Level III Neonatal Intensive Care Unit; Heart Hospital; Level III Emergency and Trauma Center with Convenient Care; Cancer Institute; and Fitness Plus.

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