



# HELP US HELP YOU! Free CPR Classes Provided By Lexington County EMS

## 2016 Class Schedule

Statistics show that there is a staggering 95 percent mortality rate for the over 300,000 Americans who are victims of sudden cardiac arrest each year. More of these victims would survive if quality CPR and easy access to Automated External Defibrillators were available.

It is important for all Americans to learn critical lifesaving skills such as how to perform CPR how to use an AED and the need to increase public access to AEDs.

Lexington County EMS personnel are providing FREE Family and Friends Adult, Child and Infant CPR training for the Community. In just 2 hours you can Help Us Help You in an emergency. Changes in CPR make the training fun and easy to learn.

Single session classes are scheduled on:

February 18<sup>th</sup>, 2016

August 18<sup>th</sup>, 2016

April 21<sup>st</sup>, 2016

October 13<sup>th</sup>, 2016

June 16<sup>th</sup>, 2016

December 15<sup>th</sup>, 2016

All sessions are from 6:00 PM until 8:00 PM

For more information or to schedule a session, please contact:  
Lieutenant Micah Norman at 803-785-5057, or [mnorman@lex-co.com](mailto:mnorman@lex-co.com)

You can also find out more information on the AHA website or follow this link:

Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for schools and students, new parents, grandparents, babysitters and others interested in learning how to save a life.

[http://www.heart.org/HEARTORG/CPRAndECC/CommunityTraining/CommunityProducts/Family-Friendsreg-CPR\\_UCM\\_303576\\_Article.jsp](http://www.heart.org/HEARTORG/CPRAndECC/CommunityTraining/CommunityProducts/Family-Friendsreg-CPR_UCM_303576_Article.jsp)