PUBLIC HEALTH WEEK

Centering & Celebrating Cultures in Health | **April 3rd-7th**

Become a Heart Hero *GET TRAINED!*

WEDNESDAY, APRIL 5
9:00am-12:00pm

Disability Community Resource Center
12901 Venice Blvd., LA, 90066

Hey, Los Angeles County! The Department of Public Health is excited to announce our new effort to train **500,000** people in hands-only CPR by the end of this year, and we want you to become a Heart Hero and help us reach our goal.

It's quick and easy to get trained in hands-only CPR, and an expert instructor will guide you through the process. You'll learn valuable skills that could help you save someone's life in an emergency.

As part of this effort, Public Health and partners will host free training sessions throughout the county.

Visit our website **ph.lacounty.gov/heartheroes** for more information on how to sign up for a training session or become a trainer yourself.

Let's work together to create a safer and more prepared community!

publichealth.lacounty.gov/media/phweek/

LA COUNTY HEART HEROES

County of Los Angeles Public Health