

# 'Everyone Can Save a Life' Event on Saturday, 2/17

Event Date

Sat, Feb 17 2024, 10am - 12pm



The poster features a dark blue background. At the top left is the Long Lake Fire Department logo, a red Maltese cross with 'LONG LAKE' at the top, 'FIRE' on the left, 'EMS' on the right, and 'RESCUE' at the bottom. A white heart rate line runs horizontally across the top, with a heart shape in the center. Below the line, the text 'EVERYONE CAN SAVE A LIFE' is written in large, bold, white capital letters. Underneath this, in smaller white text, it says 'Hands-only CPR training with Long Lake Fire Department'. In the bottom left corner is the American Heart Association logo, a red heart with a white torch. In the bottom right corner is the Go Red for Women logo, a red silhouette of a woman with the text 'Go Red for women.' and 'American Heart Association.' above it.

Heart disease is the number one killer of Americans, and yet 70% of Americans feel helpless to act during a cardiac emergency. With 70% of all out-of-hospital cardiac arrests happening at home, if you're called on to perform hands-only CPR, you'll likely be trying to save the life of someone you know and love. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

*The good news is...anyone can learn hands-only CPR and everyone can save a life!*

The Long Lake Fire Department is hosting an '**Everyone Can Save a Life**' hands-only CPR training and fundraiser benefitting the American Heart Association, Minnesota at Fire Station 1 (340 Willow Dr N) on Saturday, February 17, 2024 beginning at 10:00 am.

The event is family-friendly and open to the entire public, not just the Long Lake Fire Department's service area. Please feel free to invite your family and friends for a community event that could save lives! This event is open to all ages, but CPR training is available for those nine and up. There will be a bouncy house on site for kids and Sparky the Fire Dog will be there to meet and greet and pose for photos.

While the event is free, donations will be collected for the American Heart Association so they can continue their mission to build healthier lives, free of cardiovascular diseases and stroke.