

## **LEARN CPR AND SAVE A LIFE!!!**

Saifee Hospital & XRCVC are collaboratively organising a **FREE WORKSHOP ON CPR** for Visually Impaired persons.

### **What is CPR?**

Cardiopulmonary Resuscitation (CPR) is an emergency procedure that can be used by the common man to revive a patient from a potentially fatal heart attack

### **Why is CPR important?**

Most heart attack cases occur either in the home or at public places. Once the heart stops beating and blood flow stops, a person will lose consciousness in around 15 seconds. Time is of the essence when treating such a victim. If you know how to administer CPR, you can help save a life!

For the participants' convenience, **two identical workshops** have been scheduled:

#### Workshop 1:

XRCVC, St Xavier's College, 5 Mahapalika Marg, Mumbai 40001

Date: Saturday, January 5

Time: 2 pm – 4 pm

#### Workshop 2:

XRCVC Viviana Extension, Viviana Mall, Thane West

Date: Sunday, January 6

Time: 2 pm – 4 pm

Apply at:

<https://goo.gl/forms/7m2TwETIa9kltBa83>

For queries, send a whatsapp message on: 8237730325