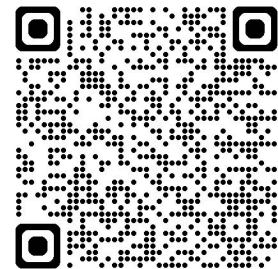# SAVE A LIFE

SEMINOLE

Hands-only CPR and Stop the Bleed

Scan QR to register

Tuesday, August 26, 2025

5:30 pm - 7:00 pm

Oviedo Medical Center, 8300 Red Bug Lake Road

Learn how to save a life with the two simple steps of hands-only CPR.

Step 1, call 911 for help.
Step 2, push down hard in the center of the chest at a rate of 100-120 times per minute until emergency medical services arrive.

This hands on training is free, but it is NOT a certified course, and instructions provided do not include infants and children.

Oviedo Medical Center
HCA Florida Healthcare

Visit **www.seminolecountyfl.gov/savealife** or **www.hcafloridahealthcare.com/locations/oviedo-medical-center/calendar** for more information and to register.