



NEWS RELEASE

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Don't Miss a Beat: Participate in Hands-Only CPR Training ***First-responders will give 5-minute lessons at 20 locations on June 8***

San Rafael, CA - Last year, about 2,000 people in Marin County spent five minutes during a one-day coordinated effort to learn a skill they hope to never use: cardiopulmonary resuscitation, or CPR. On June 8, you'll get a chance to join the ranks of those prepared to become a CPR hero during an emergency.

The Marin County Emergency Medical Services Agency will set up free "hands-only" CPR training events throughout the county in collaboration with public safety agencies and ambulance providers.

Every year in Marin, more than 200 people suffer cardiac arrest outside of a hospital. Battalion Chief Mike Giannini, the fire emergency medical officer for the Marin County Fire Department, said a cardiac arrest patient is three times more likely to survive if a bystander starts hands-only CPR in the minutes before medical professionals arrive. "It is a simple and effective way to save a life," he said.

The non-certified trainings will take place in 20 locations around Marin between 10 a.m. and 2 p.m. Local doctors, nurses, paramedics, emergency medical technicians and firefighters will teach hands-only CPR and the use of automated external defibrillators (AEDs) that help keep hearts beating.

Participants will be entered into a drawing to win two free tickets to a San Francisco Giants game. Anyone 8 or older is eligible for the free training. More information can be found at www.MarinEMS.org and www.handsonlycpr.org.

Learn to save a life at the following locations:

Vista Point – Golden Gate Bridge	Tiburon Ferry Plaza
Marin Gateway Shopping Center (Marin City)	Angel Island Ferry (Tiburon)
Strawberry Village Shopping Center	Mill Valley Depot Plaza
Throckmorton Fire Station	The Village (Corte Madera)
Corte Madera Town Center	Bon Air Shopping Center (Greenbrae)
Marin Country Mart (Larkspur)	Mi Pueblo Foods (San Rafael)
Northgate Mall (San Rafael)	The Fairfax Festival
Toby's Feed Barn (Pt. Reyes Station)	Woodacre Market
Vintage Oaks Shopping Center (Novato)	Tomales Bakery
Marin French Cheese Factory (Hicks Valley)	Novato Festival of Art, Wine and Music

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