

# Free Defibrillator Awareness Sessions

Would you know what to do if someone had a Cardiac Arrest?

The Roseland is lucky to have many defibrillators but would you feel confident to use one? It might be for a family member, friend or total stranger. Could you save their life?

Many people find defibrillators worrying but they are real lifesavers.



Why not come along to one of our free awareness sessions.

They're informal and will increase your confidence to deal with an emergency, use a defibrillator, do effective CPR (Cardio Pulmonary Resuscitation), help a choking person and use the recovery position.

Could you spare a couple of hours of your life to learn how to save the rest of someone else's?

Sessions will be at:

Portscatho Harbour Club

Thursday, 8th December 2022 from 19.00 to 21.00

Tregony Church Hall

Thursday, 15th December 2022 from 19.30 to 21.30

Other sessions for the New Year in Veryan and St. Mawes. Please watch village noticeboards and the Roseland Magazine for details.

All welcome but limited places so first come, first served.

Any questions?

Please contact [kateeblake1958@gmail.com](mailto:kateeblake1958@gmail.com) or 07989902292.