

Sept. 24, 2015

FREE HANDS-ONLY CPR TRAINING IN MARION COUNTY

Help the Florida Department of Health Celebrate World Heart Day



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Ocala, Fla.—The Florida Department of Health in Marion County, in partnership with The American Heart Association, Ocala Fire Rescue and Ocala Regional Medical Center invites you to participate in [Hands-Only™ CPR](#) training on Sept. 28 and 29. The department is hosting trainings in each county in celebration of World Heart Day, an annual event created by the World Heart Foundation to remind everyone that heart disease and stroke are the world's leading causes of death.

Hands-Only™ CPR is cardiopulmonary resuscitation without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an “out-of-hospital” setting, such as at home, at work or in a park. In the event of a cardiac emergency, people are more likely to perform Hands-Only™ CPR and ultimately save a life.

- What:** Hands-Only™ CPR Training
- When:** Sept. 28 and 29, 2015
10 a.m. to 4 p.m., with classes beginning each half-hour
- Where:** Florida Department of Health in Marion County
1801 SE 32nd Avenue, Ocala

When posting on social media, please use the hashtag #FLHearts.

World Heart Day is celebrated in collaboration with Healthiest Weight Florida, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](#). For more information about the Florida Department of Health please visit Marion.FloridaHealth.gov.