



Heartbeat Highway

Northland
Southland

1 in 10 people survive a cardiac arrest
Learn CPR and help make a difference in your community

This October we are on a mission to provide 3 Steps for Life training to as many people as we can. This free training is designed to give you the confidence to take action if someone suffers a cardiac arrest by:



Calling 111
Step one



Starting CPR
Step two



Using an AED
Step three

Come along to a 3 Steps for Life session:

Date: 14th Oct 2023 Sat 28th Oct 2023 Sat

Location: Havelock Pavilion Blenheim Library

Contact: stjohnmarlborough@stjohn.org.nz to register

Time: 10.30am - 11.30am (both sessions)

