

# BE READY TO SAVE A LIFE WITH ***HANDS-ONLY CPR TRAINING***

## ***TRAINING INCLUDES:***

- ✓ FREE American Red Cross class that's easy to learn and in-person!
- ✓ Learn how to deliver lifesaving CPR care without rescue breaths.
- ✓ When you immediately provide Hands-Only CPR, you can increase the chance of survival during a cardiac emergency.




Please register  
in advance

**THURSDAY, JANUARY 29, 2026 | 5:00 PM**

**RAYMOND A. JORDAN SENIOR CENTER  
1476 ROOSEVELT AVE, SPRINGFIELD, MA 01109**

## **QUESTIONS? CONTACT US!**

 (413) 787-6741

 [springfield-ma.gov/hhs/mrc](https://springfield-ma.gov/hhs/mrc)

