

# 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](http://springfield-ma.gov/hhs/mrc)**

