



# News Release

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## **SUNRISE FIRE-RESCUE OFFERS HANDS-ONLY CPR INSTRUCTION**

(Sunrise, FL)- Sunrise Fire-Rescue is hosting a series of “Hands-Only” CPR demonstration classes on Sunday, February 17, to recognize American Heart Month.

The free, interactive CPR classes will provide participants with the general knowledge and skills for performing “Hands-Only” CPR. These demonstrations are not certification courses, but rather an excellent opportunity for everyone to learn the importance of CPR.

Classes are being held at the City of Sunrise Civic Center Ballroom at 10610 W. Oakland Park Blvd. The first class begins at 9 a.m., and the last class begins at 2 p.m. Each class will last about 30 minutes, with a new session starting every half-hour. Registration is required and participants will be provided with a scheduled class time.

According to the American Heart Association (AHA), “nearly 400,000 Americans suffer out-of-hospital cardiac arrests every year, and almost 90 percent die because they don’t receive immediate CPR from someone on the scene.” Studies done by the AHA show that performing CPR immediately can double or even triple a person’s chance of survival.

“When someone is in cardiac arrest, they are typically unresponsive and not breathing,” said Sunrise Fire Chief Thomas DiBernardo. “Our goal is that everyone learns how to perform CPR so they are able to begin CPR until professional help arrives.”

This event is being sponsored by the Sunrise Fire-Rescue Department and the Sunrise Police Department.

For more information on the demonstration class and to register, please visit the City of Sunrise webpage at [www.sunrisefl.gov](http://www.sunrisefl.gov).

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