

Sept. 23, 2015

## HANDS-ONLY CPR EVENT IN SANTA ROSA COUNTY

*Help the Florida Department of Health Celebrate World Heart Day*



### Contact:

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Milton, FL — The Florida Department of Health in Santa Rosa County, in partnership with Gulf Breeze High School and Students Working Against Tobacco (SWAT), invites you to attend a [Hands-Only™ CPR](#) demonstration on Sept. 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 Event “Press the Chest”

When: Sept. 29, 2015  
5:00 p.m. – 7:00 p.m.

Where: Gulf Breeze High School Gymnasium  
675 Gulf Breeze Parkway  
Gulf Breeze, Florida 32561

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](http://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.

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