



British Heart
Foundation

HEARTSTART

AT WITTON ALBION



FREE EMERGENCY LIFE SAVING SKILLS TRAINING

LEARN HOW TO SAVE A LIFE WITH
A **FREE**, FUN AND INFORMAL
COURSE THAT ONLY TAKES 2 HOURS!

The training covers 'dealing with heart attacks', 'bleeding', 'CPR', the 'recovery position' and 'choking' and is designed by The British Heart Foundation.

Voluntary donations are appreciated and these will be donated to 'Brothers in Arms', a local charity that scans for heart condition in young people.

Courses are held fortnightly at Witton Albion FC, Chapel Street, Wincham, Northwich CW9 6DA.

Heartstart is our initiative to teach emergency lifesaving skills to the British public. By attending a course you're helping us create a nation of life savers – where everyone knows how to save a life.

**FIGHT
FOR EVERY
HEARTBEAT**
bhf.org.uk

**FOR COURSE DATES & AVAILABILITY
CALL 01606 43008 OR EMAIL
HEARTSTART@WITTONALBION.COM**

Witton Albion in the Community working together with;



Cheshire West
and Chester



NWAS
First Responder