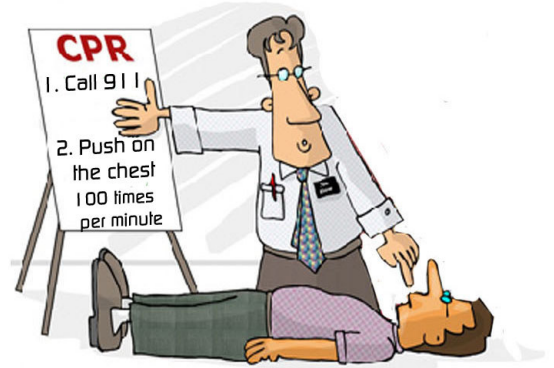


CPR Anytime Kits— What's the next step?? What can I do??



The goals of Take Heart Anoka include training 25% of the Anoka County population in CPR. Statistically, only 20% of victims of Sudden Cardiac Arrest receive bystander CPR. Bystander CPR has shown to significantly improve survival rates. Take Heart Anoka County needs more people trained in CPR, LOTS more.

That's where you come in - we need your help.

Each kit has a deposit that can be returned once you train an additional three people but it doesn't have to stop there. The more people that know CPR the better, maybe even better for you or someone you care about. Anytime you share your kit or train another person, we get closer to our goals. Whenever you train someone, send in a report form or report it on the Take Heart website.

With each person you train:

1. Tell them about Take Heart Anoka Co. - they may want to get involved or know someone who would like to.

2. Share ideas on how we can train more and help more people. For example : teach CPR to your book club, social club, mom's meetings, church group, schools, neighborhood, at a family dinner, at a birthday party and many more. Any way we can share this valuable, life-saving tool may make the difference and 'Save a Life'.

3. Consider CPR training and AED placement anywhere we live, work and play.

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Take Heart
❤️ **Anoka Co.**

Sudden Cardiac Arrest Survival Initiative

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