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FOR IMMEDIATE RELEASE

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RED CROSS OFFERS FREE CITIZEN CPR LEADER TRAINING SEPTEMBER 24

Thanks to a generous grant from CFG Community Bank, the American Red Cross will offer free training to volunteers who want to lead compression-only CPR classes in the Chesapeake Region. The Citizen CPR Leader course will be held on Saturday morning, September 24 at Baltimore's Bare Hills Fitness Center. Participants who agree to commit to teach at least two other groups during the next year can choose between two training sessions: 8:30—10 a.m. or 10—11:30 a.m.

The September training launches a project sponsored by CFG Community Bank and Red Cross to train 1,600 individuals in compression-only CPR at a series of classes and community events. The hands-on only technique relies on chest compressions and does not involve rescue breathing, also called mouth-to-mouth resuscitation. According to research, fewer than one-third of people who have a heart attack receive CPR from a bystander. But that response can double or triple the person's chance of survival.

Forty volunteer trainers will receive the free CPR training on September 24. They, in turn, will go out into the local community to train 1,600 others in this life-saving technique. Gary Rever, Chief Executive Officer of the sponsor, CFG Community Bank, said: "Healthcare is a vital aspect of CFG Community Bank's business. We are pleased that the bank's donation has enabled the Red Cross to provide this important health and safety program to the Maryland community."

To register for the Leader training, contact Dorothy Hemsley at dhemsley@arc-cmc.org or 410-624-2077.

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