Supervisor John Gioia's Weekly eUpdate

May 3, 2010

Learn "Sidewalk CPR" and how to save a life

Every 90 seconds, Sudden Cardiac Arrest claims another life. This silent killer is the leading cause of natural deaths in the United States, taking more than 335,000 lives each year, more than are lost to lung cancer, breast cancer and AIDS **combined**.

I lost my father in the prime of his life to Sudden Cardiac Arrest. That event has motivated me to work even harder to prevent such deaths in our community.

We are all capable of saving a life if we learn some simple techniques such as Sidewalk CPR, or how to use an Automated External Defibrillator (AED) when available.

To help you and your family be prepared in the event of a heart emergency, I have planned a community event where you can learn these techniques, practice using an AED, sample heart healthy food, get your heart pumping with a Zumba demonstration, and more:

Heart Beat Fair

Knowing what to do in a heart emergency!

Saturday, May 8th

10 am to 1 pm

Doctors Medical Center Cafeteria

2000 Vale Rd, San Pablo

Programs begin in the Auditorium at 10:00 am and repeat at 11:00 and 12:00. We will have interactive, hands-on displays, blood pressure checks, an opportunity to teach young children how to dial 911, and a jumper for kids. Emergency vehicles will be on display.

We are also offering a **FREE CPR Class** for those interested in more training (no certification offered). Space for this class is limited. Please contact Luz Gómez in my office to reserve a space or for more information at 510 374 3231 or email her at luz.gomez@bos.cccounty.us.

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Contra Costa County Supervisor John Gioia invites you to…

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Something for the whole family! Raffle prizes every hour!

- Learn "Sidewalk CPR"
- What's an AED (Automated External Defibrillator) and how does it work?
- When to call 911 and what to say
- Blood pressure checks
- Sample healthy food
- Jumper fun!
- Healthy and delicious recipe demo
- Tour emergency vehicles
- Zumba demonstration – get the heart pumping!

EXTRA!! Free CPR Class

To reserve a space or for more information contact
Luz Gómez at Supervisor Gioia's Office: 510 374 3231 (No certification offered)

SPONSORS

Doctors Medical Center—American Medical Response—Chevron
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