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FOR IMMEDIATE RELEASE

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Save Your Sweetheart: Learn CPR and First-Aid Skills on Valentine's Day

Event will take place from 5:30 p.m.-6:30 p.m. on Valentine's Day

TWIN FALLS – Home is where the heart is — and where 88 percent of all heart attacks happen. Are you prepared to save the life of your sweetheart if necessary?

As part of American Heart month, South Central Public Health District (SCPHD) is teaming up with Magic Valley Paramedics (MVP), St. Luke's Magic Valley Trauma Services, and Twin Falls Fire Department to offer a one-hour hands-only CPR and "Stop the Bleed" training.

"Research from the American Heart Association shows only 8 percent of people who suffer a cardiac emergency outside of a hospital or clinic survive," said Julie O'Meara, SCPHD Health Education Specialist. "You don't have to be helpless in an event like that. This training empowers you to help save the life of a loved one in a cardiac emergency."

The training will include a 15 minute hands-only CPR training using Mini Anne dummies for practice. Magic Valley Paramedics will then provide a 45 minute "Stop the Bleed" training, teaching skills to assist in a bleeding emergency before professional help arrives.

"Stop the Bleed" is a chance for bystanders to become trained, equipped and empowered to help in an emergency before professional help arrives," said James Rhom with Magic Valley Paramedics. "Temporarily stopping a significant traumatic injury from bleeding can help save someone's life."

This training is good for:

- Newlyweds
- Best friends
- Spouses celebrating 20 years of marriage
- Grandparents and their 8-year-old grandchild
- Scouts
- Everyone

Everyone should know how and when to administer CPR, and how to stop traumatic bleeding. By learning how, you can be ready to save your sweetheart at a moment's notice.

This training will not qualify participants for CPR or first-aid certification