

Dakota County



## Heart Restart

*Sudden Cardiac Arrest Survival Program*

- sponsored by Take Heart Minnesota and the Dakota County EMS Council

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### **Take Action. Save a Life. Learn CPR!**

Dakota County Heart Restart is a free CPR program that trains people quickly and effectively to provide critical help until emergency responders arrive.

The program uses the American Heart Association's CPR Anytime program. The entire training takes only 30 minutes. No tests!

Sudden cardiac arrest kills over 300,000 people each year in the U.S. Less than a third of these victims receive CPR – research shows that many could be saved if CPR is started immediately. Without CPR there is NO chance!

If you would like to have Dakota County Heart Restart provide a training for your group, contact Marty Forseth ([marty.forseth@co.dakota.mn.us](mailto:marty.forseth@co.dakota.mn.us) or 651-554-6110).