



BE A CPR SUPERSTAR

On Restart a Heart Day,
we're going to train 100,000
people in vital life saving
skills. Get involved. Get
trained. Ask a teacher.

18 OCTOBER 2016

THE DAY YOU LEARN TO SAVE A LIFE

**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk



BE A CPR SUPERSTAR

On Restart a Heart Day, we're going to train 100,000 people in vital life saving skills. Get involved. Get trained. Ask a teacher.

18 OCTOBER 2016

RESTART A HEART DAY

THE DAY YOU LEARN TO SAVE A LIFE

**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk