

Learn
to save
a life



Mid Ulster Restart a Heart Day

This FREE training in your local Council facility will provide people with the knowledge and skills to deal effectively with emergency situations.

16 October 2017

Morning: 10am-12pm
or Evening: 6.30pm - 8.30pm



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Mid Ulster District Council in Partnership with the Northern Health and Social Care Trust, British Heart Foundation (NI) and the Northern Ireland Ambulance Service are supporting Restart a Heart Day.

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Who should attend?

Anyone who wants to learn how to save a life.

Where and When?

Training sessions will take place in:

- Cookstown Leisure Centre
- Ranfurly House, Dungannon
- Greenvale Leisure Centre

There will be morning (10am-12pm) and evening (6.30pm-8.30pm) sessions available.

To register:

Call: Sam Bloomfield on 03000 132 132

Email: health.wellbeing@midulstercouncil.org

Please outline which session and which venue you wish to attend.