



ilkley's
got heart

Be prepared to Save a Life

Our online Life Saving Course is totally **FREE**,
takes under an hour and is broken down
into five 10-minute sessions:

DR ABC • CPR • Bleeding • Choking • Stroke

On completion, participants gain a certificate & most
importantly confidence to act in an emergency situation.

Take the first step to saving a life
www.ilkleysgotheart.co.uk

Campaign in association with Ilkley Community Network Group, delivered & supported by:

