



HEART ALERT

Would You Know What To Do?

- *About every 40 seconds, an American will have a Heart Attack*
- *There are about 10,000 Cardiac Arrests in the workplace each year*
- *Cardiovascular Disease is commonly the underlying cause of death, accounting for about 1 of every 3 deaths in U.S.*
- *4 out 5 cardiac arrests happen at home*
- *70% of Americans feel helpless to act during an emergency*
- *50% of people in the workplace are unable to locate an AED*
- *About half of the people who experience cardiac arrests at home don't get the help they need before the ambulance arrives.*

Be Prepared, Know CPR

CPR performed in the first few minutes of cardiac arrest, can double or triple a person's chance of survival!

**facts/statistics from the American Heart Association*

CPR Saves Lives!

**You may be the one to save a coworker, spouse, friend or a child.
Need more reasons, ask us about taking a CPR class.
Teaching people to save lives is what we do best.**

TRIBALANCE HEALTH
spirit + mind + body



Teaching people to save lives through training programs that build the skills and mindset so you know what to do.