

Dr. William C. Herrick
Community Health Care Library
9001 Wakarusa St., La Mesa, CA
619-825-5010

Wellness Wednesday

August 26, 2015
10:00 a.m. - 11:00 a.m.

Grossmont Healthcare District
Conference Center



Help Save a Life from Sudden Cardiac Arrest

**Speaker: Maureen O'Connor, PAD Program Manager,
San Diego Project Heart Beat**

Anyone from 3 years old to 103 years old can do something to save a victim of cardiac arrest. Cardiac arrest is the leading cause of death in our nation and affects people of all ages and genders. Come learn the simple steps of quick recognition and response to cardiac arrest. You will have the opportunity for hands-on experience combined with the ease of use of an Automated External Defibrillator (AED) made for your use. You will learn everything that you need to know to help save a cardiac arrest victim's life!

(This is not a certification course.)



Feature Film: **McFarland USA**

2015, PG, 129 minutes

Kevin Costner plays a newly-hired high school football coach who ends up leading a cross-country track team made up of an eclectic mix of Latino students to a state championship. Based on a true story.

Time: 11:30 a.m.

Location:
GHD Conference Center



Popcorn will be served!