



Eastern Massachusetts Region  
Cape Cod and Islands Chapter  
286 South Street  
Hyannis, MA 02610  
Tel (508) 775-1540  
Fax (508) 771-2209  
[www.cciredcross.org](http://www.cciredcross.org)

## **American Red Cross organizes Short Hands-only CPR-Exercises in Hyannis on May 3rd and May 17th, 2011**

April 21, 2011, Hyannis, MA - The American Red Cross will organize a short hands only CPR exercise at 6 pm. May 3rd and May 17th, 2011 at the Cape Cod and Islands Chapter House at 286 South Street, Hyannis, MA 02601.

In just one hour and for a \$20 donation to the American Red Cross, you can learn essential CPR and First Aid skills. Become familiar with how to respond to life-threatening injuries until advanced medical personnel takes over. Our concise, hands-on skills Citizen's CPR training will include instruction in hands-only CPR, controlling external bleeding and managing shock. A look at an AED (automated external defibrillator) is included.

Please register in advance, online at [www.redcross.org](http://www.redcross.org), and choose Citizen's CPR or call 508-775-1540, press 6.

Please note that the Citizen CPR demonstrations are shortened versions of official classes and there is no certification associated with this.

To organize special Citizen's CPR demonstrations for your group or business or to find out more about all CPR/AED and First Aid certification class schedules, with online options and class participation, please contact the American Red Cross, Cape Cod Islands Chapter, 286 South Street, Hyannis, MA 02601, call (508) 775-1540 or visit [www.cciredcross.org](http://www.cciredcross.org)

*The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission.*

– END –