



Save the Date

First Aid: Cardiac Arrest & Stroke

Monday, July 29, 2024 | 5:30 – 7 p.m. | Clubhouse 2

Join MemorialCare Saddleback Medical Center clinical experts for an educational event to learn the basic signs and symptoms of cardiac arrest and stroke as well as life-saving actions you can perform as a bystander. Attendees can speak with our experts, watch a hands-only CPR demonstration, and put their CPR learnings to practice with a mannequin. Additionally, those who register will have an opportunity to check their stroke risk by getting a complimentary carotid artery screening and consult with a vascular surgeon at the event.

Light food and refreshments will be offered.

Visit [memorialcare.org/lwheartstroke](https://www.memorialcare.org/lwheartstroke)
or call (714) 824-7012.


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Saddleback Medical Center