

Celebrate MO C.A.R.E.S. CPR Day of Service & National Restart a Heart Day



**Learn  
Hands-only  
CPR for  
Adults  
in 15 Minutes**

**FREE | Ages 12+**

**Wednesday, Oct. 16  
1 to 3 p.m.**

Hosted by The American Heart Association Training Center  
at Children's Mercy Kansas City

**Holmes Office Center  
2220 Holmes St. | Kansas City, MO 64108  
(Street parking only)**

**No registration needed • No testing or certification involved**

Questions? [aha@cmh.edu](mailto:aha@cmh.edu)

