

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

**September 10, 2015**

**FREE HANDS-ONLY CPR TRAINING IN GULF COUNTY**  
**Help the Florida Department of Health Celebrate World Heart Day**

**Contact:**

Sarah Hinds, PIO  
Sarah.Hinds@flhealth.gov  
850-227-1276



**Port St. Joe, FL**— The Florida Department of Health in Gulf County, in partnership with the Gulf County Public Library, invites you to participate in Hands-Only™ CPR training on Sept. 29. The department is hosting trainings in each county in celebration of World Heart Day, an annual event created by the World Heart Foundation to remind everyone that heart disease and stroke are the world's leading causes of death.

Hands-Only™ CPR is cardiopulmonary resuscitation without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an "out-of-hospital" setting, such as at home, at work or in a park. In the event of a cardiac emergency, people are more likely to perform Hands-Only™ CPR and ultimately save a life.

What: **Hands-Only™ CPR Training**

When: **Sept. 29, 2015**  
**2:00 PM EST**

Where: **Gulf County Public Library**  
**110 Library Drive**  
**Port St. Joe, FL 32456**

When posting on social media, please use the hashtag #FLHearts.

World Heart Day is celebrated in collaboration with Healthiest Weight Florida, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com).

**About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/FloridaDepartmentofHealth). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

**Florida Department of Health**

In GULF COUNTY  
2475 Garrison Ave., Port St. Joe, FL 32456, Phone: 850-227-1276, Fax: 850-227-1794  
807 Hwy 22, Wewahitchka, FL 32465, Phone: 850-639-2644, Fax: 850-639-2357

**www.FloridasHealth.com**

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