



Together we can **save lives**

Cardiac arrest can happen to anyone, anywhere, at any time. It can happen at any age, health or fitness level, and often without any symptoms. It's up to all of us to learn how to save a life.



3 steps to save a life:

**CALL
PUSH
SHOCK**

Join us and learn how to save lives

Venue: Heartbeat Victoria, Peppermill Inn Shepparton

Date & Time: Monday 4th May 2026, 6.00pm

Free and suitable for ages 11+



**Ambulance
Victoria**

