

# CPR + AED Training



## Sessions:

### Restart a Heart Workshop

8 Oct, 10am - 11:30am, MPH2

Restart a Heart (RAH) programme is a hands-on, simplified CPR + AED training session designed for those who want to learn essential resuscitation skills. Gain confidence in performing hands-only CPR and using an AED in a supportive, practical setting.

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