

NAYLAND COMMUNITY DEFIBRILLATOR SEMINAR

The Community Heartbeat Trust will be holding
a community awareness seminar on

Thursday 18th October

7.30pm at Nayland Village Hall

A practical demonstration on how to use our community
defibrillators, explaining how they work and their benefits
to the community in saving precious minutes in the treatment
of sudden cardiac arrest.

**Everybody welcome – no special skills required –
please just come along on the evening.**

If you have any further queries, please contact the
Community Council via Rachel Hitchcock –
01206 263169 – rachel_hitchcock@hotmail.com