



MEDIA RELEASE

Community Hands-only CPR & AED Training

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A community hands-only CPR & AED education session is being offered by the Greater La Crosse Area Medical Reserve Corps in partnership with Farmington Emergency Medical Team. The training is open to all area community members and free of charge. No registration is needed to attend.

May 14, 2026 6:00-7:00 PM
Town of Farmington Hall
N8309 Cty Hwy C Mindoro

Hands-only CPR is CPR without rescue breaths. According to the American Heart Association, about 70% of all out-of-hospital cardiac arrests occur at home. Immediate bystander compressions increase survival odds by continuing oxygenated blood to flow to the brain and heart. Time is critical in increasing out-of-hospital survival rates.

Community participants will learn:

- How to recognize cardiac arrest
- The importance of calling 9-1-1 and getting an AED (automated external defibrillator)
- How to do effective compressions
- How to use an AED

Help build a more resilient community by learning what to do for someone you may know experiencing a cardiac arrest before emergency medical services arrive.