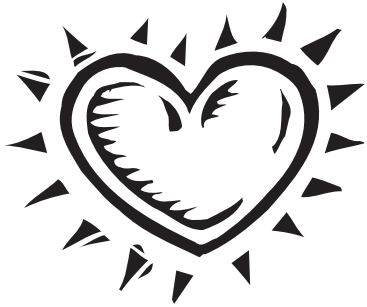


*Better Health for Life from  
Lehigh Valley Hospital and Health Network*



## If You Want to Learn CPR

Everyone should be trained in cardiopulmonary resuscitation (CPR). You can take a class to become fully certified in this vital lifesaving technique, or you can choose a new, shorter approach called CPR Anytime. The kit (which costs about \$30) comes with instructions and a DVD. It takes 20 minutes to learn, and the whole family can use it.

### ■ Where can I find a CPR Anytime training kit?

CPR Anytime is available at any of the three Health Spectrum Pharmacy locations:

- **Lehigh Valley Hospital—Cedar Crest and I-78, Allentown**
- **Lehigh Valley Hospital—17th and Chew Streets, Allentown**
- **Lehigh Valley Hospital—Muhlenberg, Bethlehem**

The kit also is available online through the American Heart Association Web site: [www.shopcpranytime.org](http://www.shopcpranytime.org).

### ■ Where can I get certified in CPR?

Lehigh Valley Hospital offers a variety of CPR courses. For dates, times, fees and registration information, call **610-402-CARE**.

For the locations of other local CPR classes, visit the American Red Cross Web site: [www.redcrosslv.org/health/cpr.html](http://www.redcrosslv.org/health/cpr.html).



LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

**lvh.org**  
**610-402-CARE**

For more information  
or for a physician referral,  
call 610-402-CARE