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How to save a life



Laura Lennie

Cardinal Newman Catholic Secondary School Grade 9, 11 and 12 students are learning how to save a life through the Advanced Coronary Treatment Foundation of Canada's ACT High School CPR program. Launched in partnership with FirstOntario Credit Union and the Government of Ontario last month, the program teaches students about risk factors for cardiovascular disease, how to recognize early warning signs of a cardiovascular emergency, how to react and how to perform cardiopulmonary resuscitation and the Heimlich manoeuvre. The foundation provides teacher training workshops, student manuals, certificates and CPR mannequins and fundraises on behalf of schools, so the program can be offered at no cost. For more information, call Health Care course instructor Carla D'Elia at (905) 664-3383, ext. 509. Pictured here, Grade 11 student Christina Tedesco practices chest compressions.