

BECOME A **HERO** IN **30** MINUTES FLAT!

TAKE THE 30-MINUTE HERO IN THIRTY® TRAINING COURSE AND LEARN THE ESSENTIAL STEPS (CPR WITHOUT MOUTH-TO-MOUTH) FOR SAVING LIVES.

FOR MORE INFORMATION:
msss.gouv.qc.ca/hero-in-thirty
heartandstroke.qc.ca



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• Ministère de la Santé et des Services sociaux
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