

KSSX

AIR AMBULANCE CHARITY
KENT SURREY SUSSEX



in your hands

WHEN THE HEART STOPS, THE CLOCK STARTS.

What happens next is in your hands.

Learn CPR and how to use a defibrillator this October.

Join one of our **FREE:**

- Interactive **30-minutes** live-stream sessions
- Live in-person sessions
- Pre-recorded sessions to watch on-demand at a time that suits you

Tailored sessions for every age group



Sign up now, it's in your hands

aakss.org.uk/restart



Registered Charity No. 1021367