



# Lakeway Regional Medical Center

## FOR IMMEDIATE RELEASE

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### *Lakeway Regional Medical Center Invites You to Learn CPR*

**Lakeway, TX (July 10, 2013)** — Lakeway Regional Medical Center is partnering with Colin's Hope to facilitate CPR training to the Lake Travis Community free of charge. This is not a certification course, however, it will prepare anyone for an emergency situation. Just having the knowledge is worth it if it can save just one life.

The event is completely free of charge and only takes 25-30 minutes, yet it will provide preparation for individuals to be a lifesaver in case of a cardiac arrest emergency. This training is entirely dedicated to promoting cardiac survivability.

The training will be facilitated by medical professionals and each attendee will use an inflatable mannequin as practice. The type of training that will be overviewed is Compression-only CPR (popularly known as Hands-only CPR), which is just as effective as conventional CPR.

Chest compressions work by circulating oxygen that is already present in the blood in cases of apparent cardiac arrest. It essentially provides an ongoing blood flow that gives an individual a better likelihood of survival once responders arrive.

Through these CPR trainings in our local community, anyone can have access to resources to empower themselves to save a life in a moment of crisis.

The event will take place on July 13<sup>th</sup> from 9am-12pm at Highlands Village Pool and Splash Park at Rough Hollow.

903 Highlands Blvd.  
Lakeway TX 78738

We thank you in advance for helping us in **Saving Lives One Breath at a Time!**

#### *About Lakeway Regional Medical Center*

*Lakeway Regional Medical Center brings experience, advanced technology and best practices to provide high-quality care for patients. Since opening in April 2012, LRMC has been providing comprehensive, compassionate and modern medical treatment. As a full-service hospital with board-certified physicians, LRMC manages everything from emergencies to outpatient procedures. Ranked among the top 10 percentile of hospitals nationwide by Healthstream, an independent research company for outpatient services in 2012. For more information about LRMC, visit [lakewayregional.com](http://lakewayregional.com) or call 512-571-5000.*