



**Compress
& Shock**
Foundation



www.compressandshock.org

2128 Chestnut Oak Ct SW
Roanoke, VA 24018

OUR MISSION

Our mission is to bring free and equitable access to CPR and AED education to all communities with a specific dedication to those communities most adversely affected by cardiac arrest due to race, ethnicity, primary language, or access to healthcare education.

OUR VISION

Every first Saturday in June, the Compress and Shock Foundation holds our Annual Free CPR and AED Education Day with the goal of establishing a National CPR and AED Education Day. We empower the public to intervene as bystanders and **improve out-of-hospital cardiac arrest survival.**

How to get involved

- Donate through our website: compressandshock.org
- Host a training class in your area: compressandshock.org/classlocator
- Sponsor a training site
- Volunteer as an instructor (no experience necessary)

SURVIVOR TESTIMONY



DAVID AND TWILA

SHE HAS THESE SECOND CHANCES BECAUSE SHE WAS "LUCKY" ENOUGH TO HAVE HER CARDIAC ARREST IN THE PRESENCE OF SOMEONE WHO KNEW CPR

Want to Learn More?



Website

Compressandshock.org



Facebook

@Compress and Shock Foundation



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YouTube

@thecompressandshockfoundat7616

Get In Touch:



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