

NASA GSFC FITNESS CENTER PRESENTS

Be Like Bill | Act. Empower. Save. Cardiac Arrest Awareness Webinar

February is Heart Health Awareness Month. Join us for an inspiring session on saving lives through awareness and action.

Cardiac arrest can happen to anyone, anywhere, at any time. The more we know, the more lives we can save.



GUEST SPEAKER: JEFF UTZINGER

Jeff Utzinger is a passionate advocate for cardiac arrest awareness and life-saving actions. After experiencing a life-changing event, in which Bill Schlies took action, Bill founded Be Like Bill, a movement dedicated to educating and empowering individuals to act quickly in the event of cardiac arrest. With years of experience, Bill & Jeff has worked tirelessly to help others understand the importance of cardiac arrest awareness and how simple actions can save lives.

Key Takeaways:

- What to do if someone experiences cardiac arrest
- The importance of CPR and AED training
- How to be empowered to act in emergencies
- Steps to creating safer communities

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