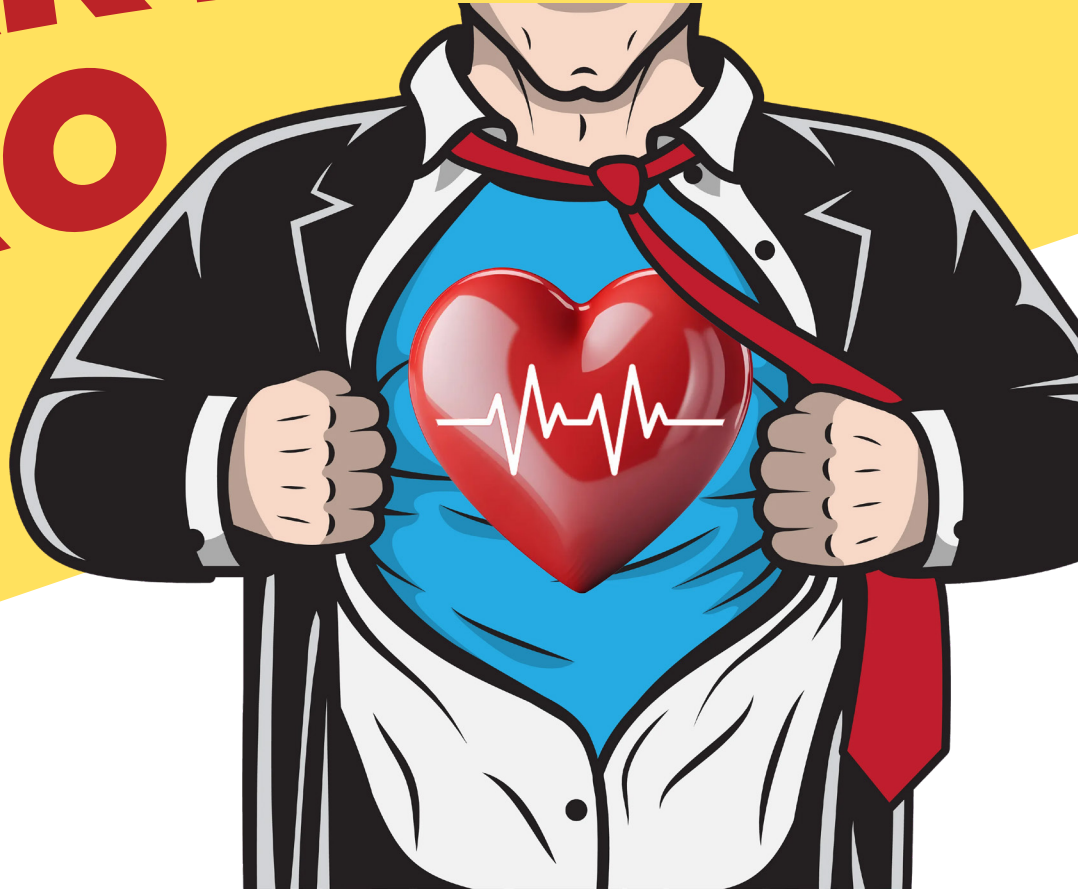


# HEARTBEAT HERO



Become a heartbeat hero and join Henderson Hall EFMP and Semper Fit to learn CPR and other life-saving skills including AED use and choking relief on adults or infants.

Attendees will have the opportunity to share thoughts and concerns regarding EFMP. This event is open to all DoD ID cardholders. Enrollment in EFMP not required to participate.

**Wednesday**  
**FEBRUARY 25, 2026**  
**1:00 - 3:00 PM**  
**Bldg. 12, Conference Room**

**For more information 703-693-7195**



Note: This community-based training does not grant CPR certification to meet job requirements.