



MEDIA ADVISORY

Peninsula Health Care District and Via Heart Project Announce Free CPR and Defibrillator Trainings in June Across San Mateo County

Community members can learn lifesaving skills in two hours.

WHO: Peninsula Health Care District (PHCD), in partnership with Via Heart Project, is hosting a series of free, lifesaving skills trainings this June in Millbrae, San Mateo, Burlingame, and San Bruno.

WHAT: As sudden cardiac arrest continues to be a leading public health emergency, the initiative aims to equip residents with the skills and confidence to respond in critical moments and help save lives. Participants will receive free, hands-on training in recognizing cardiac emergencies, performing Cardiopulmonary Resuscitation (CPR) and using an Automated External Defibrillator (AED). Community members of all experience levels are encouraged to register in advance and attend.

Participants will learn:

- How to recognize the signs of sudden cardiac arrest
- How to perform cardiopulmonary resuscitation (CPR)
- How to confidently use an Automated External Defibrillator (AED)

The program also supports expanded AED access in local community spaces.

REGISTER: www.surveymonkey.com/r/QGCT8DF

TRAINING DATES AND LOCATIONS:

- Monday, June 1, 2026, 5 PM - 7 PM, Millbrae Recreation Center, 477 Lincoln Cir, Millbrae, CA 94030
- Tuesday, June 2, 2026, 5 PM - 7 PM, allcove San Mateo, 2600 S El Camino Real, San Mateo, CA 94403
- Wednesday, June 3, 2026, 5 PM - 7 PM, Peninsula Health Care District Health & Fitness Center, 1875 Trousdale Dr, Burlingame, CA 94010
- Thursday, June 4, 2026, 5 PM - 7 PM, San Bruno Library, 701 Angus Ave W, San Bruno, CA 94066

MEDIA VISUALS: Media are welcome to attend, photograph, and interview participants, instructors, and medical experts about CPR, AED use, emergency preparedness, and community heart health initiatives.



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About Peninsula Health Care District

Established in 1947, the Peninsula Health Care District is a public agency dedicated to advancing the health and wellness of more than 200,000 residents across San Bruno, Millbrae, Burlingame, Hillsborough, San Mateo, Foster City, and parts of South San Francisco. PHCD provides community-based health programs and partners with local organizations to enhance access to care, wellness, and resources for vulnerable populations. Learn more at www.peninsulahealthcaredistrict.org.

Via Heart

Via Heart Project is dedicated to placing and maintaining AEDs, establishing and supporting comprehensive AED management programs, conducting CPR and AED training, and promoting SCA and AED education and awareness. Learn more at www.viaheartproject.org.