

**HAVE  
ANOTHER  
GLASS**

NOT DRINKING ENOUGH WATER  
CAN BE AS BAD FOR YOUR HEART  
AS CIGARETTE SMOKE.



**WE  HEALTHY HEARTS!**

Every workplace should have fast access to an Automated External Defibrillator. AlSCO offers your business an easy-to-use and effective AED at a convenient, low monthly cost.



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First Aid