

# HAVE A FISH A WEEK

5 PORTIONS OF FISH A WEEK  
SIGNIFICANTLY LOWER THE NUMBER  
OF HEARTBEATS REDUCING THE RISK  
OF A HEART ATTACK.



## 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.



FREE Healthy Heart Posters: [www.alscofirstaid.com.au](http://www.alscofirstaid.com.au)

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First Aid