

**HAVE A  
GOOD HEART  
SLEEP!**

EIGHT HOURS OF SLEEP  
EVERY NIGHT ARE ESSENTIAL  
FOR YOUR HEART HEALTH.



**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