



# PACE

PREVENT ARRHYTHMIC CARDIAC EVENTS

*Prevent sudden death in young people*

## **Interested in Heart Rhythms ?**

### **Please join our Information and Support Group Meetings**

**DATES: 19 August 2010 (Thurs @ 15h00)** (Netcare CPR demo)  
- **St Augustine's Hospital**

**Nov 2010** (Eating plans and heart disease - Dietician)  
(**VENUE and TIME will be available closer to the date. Please check the website or face book for details**)

**Entrance Free**  
**ALL welcome**

#### ***Durban Support Group***

Juliet Rogan

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***Please RSVP***

PACE aims to Prevent Arrhythmic Cardiac Events that can lead to sudden death in apparently healthy, young and often fit sports people. This is often caused by an arrhythmic (out of rhythm) heartbeat of which the person is unaware. We aim to create awareness and provide information on arrhythmic heart conditions, when they spell danger and how to deal with them at schools and in the public.

**[www.paceafrica.org.za](http://www.paceafrica.org.za)**

<http://www.facebook.com/p.php?i=535890562&k=531TP5R4WTYE3GBCPKVVPVWPSWAJY4&r>