



**Nick of Time**  
FOUNDATION

# FREE YOUTH HEART (EKG) SCREENINGS FOR AGES 12-24

**Sudden Cardiac Arrest (SCA)** is the leading cause of death in exercising and "at play" young people, happening every 2 days in the US. Most have hidden cardiac abnormalities with no warning signs until suffering a SCA.

 **Friday, May 15, 2026**  
**8:30 a.m. - 3:00 p.m.**

 **HAPO Center**  
**Pasco 6600 Burden Blvd**

**REGISTER**



### What to expect:

- Heart Health Survey
- Patient Privacy
- EKG by Professional
- Doctor Consult
- CPR & AED Training

### Steps:

- 1 Register to reserve your spot
- 2 Fill out required screening forms
- 3 Bring filled forms to your appointment

### Thank You to Our Sponsors:

- Richland Fire and Emergency Services
- Richland Education Association
- Kennewick Education Association
- Idaho Central Credit Union
- IAFF Local 1296
- IAFF Local 1052
- Richland Firefighters Community Outreach Program

**NO COST, NO INSURANCE NEEDED, QUICK & NON-INVASIVE**

**Questions?** Please contact Lorna Martin at [lornausemartin@gmail.com](mailto:lornausemartin@gmail.com) or at 509-539-9016