


## Soccer team saved man's life



This place is where Thomas almost died in 2008. These women gave him CPR. They saved his life.

 Thomas Varughese lives in Edmonton. One day, his heart stopped. Erin Findlay, Michelle McMorran and their teammates saved his life!

It was July 9, 2008. Thomas and his family were in their van. They were on their way home from a trip. They were five minutes from home.

### Heart stopped

Suddenly, Thomas's heart stopped. He slumped over in his seat. His daughter Grace stopped the van.

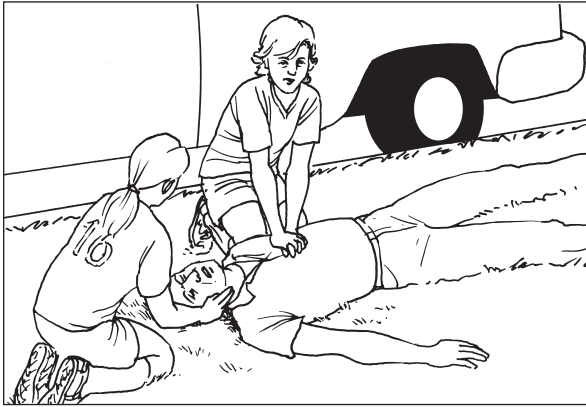
Grace called 9-1-1. She got out of the van and yelled, "Help!" A women's soccer team was nearby. They ran over to the van.



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## Soccer team helped

Michelle and Erin arrived first. Thomas was not breathing. The two women began CPR. Their teammates helped his family.



An ambulance came. Paramedics took Thomas to the hospital.



## Met his “angels”

The women saved Thomas’s life. He called them his “angels.”

A few weeks later, Thomas tried to find the women. They tried to find him too.

Thomas looked and looked. Finally, he found the team in November 2009. He invited them to his home for dinner.

Thomas says, “I hope everyone learns CPR.”

Adapted from the Edmonton Journal & an interview with Thomas.  
Photo: Edmonton Journal (Larry Wong) • Art: Nola Johnston

## Where to learn CPR

You can take first aid courses in many cities and towns in Alberta. Phone for information.

Canadian Red Cross  
1-888-307-7997 (free)

St. John Ambulance  
1-800-665-7114 (free)



Art: Guy Parsons