

# CPR TRAINING

Get trained. Save a life. You'll be glad you did.

## What will you learn?

A video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the American Heart Association's (AHA) research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills. This course is for anyone with limited or no medical training. Please wear comfortable clothing.

Training is provided for free - Course completion e-cards may be purchased for \$17 (Please bring exact change or check payable to FirstHealth).

**\*\*\*Seats are limited and will be filled in the order that registrations are submitted\*\*\***

Click Here to Register for: [HeartSaver CPR/AED on 2/1/2018](#)  
(Link will be Active and registrations accepted 30 days prior to class date)

### Upcoming Classes

Date	Topic	Time	Location
2/1/2018	HeartSaver CPR/AED	5:30 – 9:30	Aberdeen
4/5/2018	HeartSaver <i>First Aid</i>	5:30 – 9:30	Pinehurst
6/7/2018	HeartSaver CPR/AED	5:30 – 9:30	<i>Both Locations</i>
8/2/2018	HeartSaver CPR/AED	5:30 – 9:30	Pinehurst
10/4/2018	HeartSaver <i>First Aid</i>	5:30 – 9:30	Aberdeen

### **COURSE LOCATION ON FEBRUARY 1:**

Aberdeen Fire Department  
800 Holly Street  
Aberdeen, NC 28315  
(910) 944-7888



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LEARN TO  
SAVE A LIFE!