

When an Emergency Strikes...

WILL YOU BE READY TO SAVE A LIFE?



TRAINED.

EMPOWERED.

PREPARED.

This Course is available *FREE* for Military Personnel and Military Dependents!

While you can't predict when an emergency will occur, you can be prepared. In less time than you think, American Red Cross training can give you the vital knowledge and skills you'll need to respond to a life-threatening situation with confidence.

Red Cross CPR/AED training will teach you to:

- Care for conscious and unconscious choking victims
- Perform CPR
- Use an automated external defibrillator (AED) on a victim of sudden cardiac arrest

You'll also receive a participant's workbook and laminated skills card that include full-color images and easy-to-read text that will walk you step by step through a variety of lifesaving skills. The skills card will also serve as an excellent refresher and reference tool after training is complete.

Mark your calendar today for our next training session:

Date: Monday, April 13, 2009
Course: CPR/AED—Adult
Time: 9:00 a.m. – 2:00 p.m.

For more information, contact Nicole Rolf at (212) 875-2253.

