



### BE A LIFE SAVER AND LEARN CPR!

**TIME: 2.0 HOURS | \$35/\$60 (COUPLES-TWO INDIVIDUALS)**

The **FAMILY AND FRIENDS® CPR class** includes a discussion of the maneuvers for adult/child/infant CPR and use of the AED (automated external defibrillator). Techniques used to relieve choking in conscious adults, children and infants will also be discussed and demonstrated. This **instructor-led** course will guide participants through all the maneuvers with emphasis on hands-on practice with instructor feedback. Price includes student handbook.

This course is appropriate for individuals who **do not** need certification: expectant parents, grandparents, community groups, non-licensed personnel, babysitters and other individuals/groups who wish to learn how to save a life using CPR techniques.

DATE: September 19, 2018

TIME: 6:00 -8:00 PM

LOCATION: Brambleton Community Center 42645 Regal Wood Drive, Brambleton, VA.

Interested in joining the class? Email Christine Elansary at [programs@brambleton.org](mailto:programs@brambleton.org).