

AHA CPR CERTIFICATION COURSE

AHA CPR Certification Course

Studio 1: January 31st, 1pm

FACT: About 80 percent of all out-of-hospital cardiac arrests occur in private residential settings.

FACT: Effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival.

FACT: CPR helps maintain vital blood flow to the heart and brain and increases the amount of time that an electric shock from a defibrillator can be effective.

Learn to save a life TODAY with us at Equilibrium.

Member Debbie Jones, EMT, AHA licensed instructor, and professor at Allan Hancock College has generously agreed to facilitate the AHA Heartsaver Course at our facility for both members and non-members.

In this course, you will learn Adult, Child, and Infant CPR and Choking Maneuvers, as well as how to use an AED. You will receive a certifying card to validate this certification through the AHA, as well as helpful materials for take home.

Debbie has generously offered to do this for our members at near cost for \$50. She is passionate about education and has offered this course by popular request by our members. Thank you, Debbie!

Class size is LIMITED to the first 20 paid participants. Payment must be received by January 28th in order to guarantee your AHA registration. Sign-up today at the front desk.