

CPR & First Aid Classes for Landfall Residents & CCL Members

Arranged by Landfall Community Emergency Response Team (CERT)

SAVE THESE DATES: Thursday, Nov 1; Wednesday, Nov 7, 2018

These courses are taught by American Heart Association instructors from First Hands CPR, Inc. The CPR class is practical – infant, child, and adult CPR, Heimlich maneuver, use of the automatic electronic defibrillators we see in public places. The First Aid class covers the range of everyday emergencies – stroke, sprains, breaks, heat issues, bleeding, severe allergic reactions, seizures, etc.

CPR techniques have been refined and updated, and there are new rules of thumb in the First Aid procedures. AHA certificate (good for two years) issued upon completing each class.

November 1 classes will meet in the Landfall COA Boardroom.

November 7 classes will meet in the Watkins Room, Northeast Regional Library.

Class Fee: \$40 for one class (CPR or First Aid) OR both CPR and First Aid classes for \$60

Registration: Use the “tear-off” form below or you may pick up a registration form at the COA front desk. Complete the form, and put in an envelope with your check to “Landfall CERT.” Mail to Debbie Socha; 2015 Bay Colony Lane; Wilmington NC 28405 or email Dsocha@ec.rr.com for drop-off directions.

Registration deadlines:

For Nov 1 class: Mon, Oct 29

For Nov 7 class: Fri, Nov 2

Cancellation Policy:

Cancel more than 48 hours before the start of the class, your check will be returned or shredded.

Cancel less than 48 hours before the start of the class, your check will be deposited. However, credit will be applied to any future CPR or First Aid classes.

-----REGISTRATION FORM-----

_____ First Aid	Thursday, Nov 1	9:30 am to 12:30 pm
_____ CPR	Thursday, Nov 1	1:30 pm to 4:30 pm
_____ CPR	Wednesday, Nov 7	9:30 am to 12:30 pm
_____ First Aid	Wednesday, Nov 7	1:30 pm to 4:30 pm

Name _____

Address _____

Phone _____ Email _____