### Fall 2016 CPR and First Aid Classes for Landfall Residents & CCL Members

*Arranged by Landfall Community Emergency Response Team (CERT)*

**SAVE THIS DATE: Tuesday, Oct 18**

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 every day 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.

**All 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**

To register, use the “tear-off” form below or you may pick up a Registration Form at the COA front desk. Complete the form, put in an envelope with your check to “Landfall CERT.”

Mail to: Debbie Socha; 2015 Bay Colony Lane; Wilmington NC 28405

OR E-mail Dsocha@ec.rr.com for drop-off directions.

**Registration deadline**

For Oct 18 class: Fri, Oct 14.

**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.

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**\_\_\_\_\_ CPR Tuesday, Oct 18 9:30 am to 12:30 pm**

**\_\_\_\_\_ First Aid Tuesday, Oct 18 1:30 pm to 4:30 pm**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­**