



Centre  
Wellness

## Red Cross First Aid Course

**Parents, are you prepared to deal with the bumps, bee stings, and scraped knees that are all a part of childhood?**

**Take this one-day workshop in English at the Wellness Centre for parents of children 8 years old and under.**



**Date:** Saturday, April 7, 2018, from 8:00 a.m. to 4:00 p.m.

**Cost:** \$65, including a manual (English) and a CPR/AED level C certificate valid for 3 years

**Room:** Multipurpose room 1135 in the Jeffery Hale Pavilion – free parking

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| ✓ Accident prevention  | ✓ Bumps, fractures, minor scrapes and bleeding |
| ✓ Shock  | ✓ Poisoning                                    |
| ✓ Fainting and unconsciousness   | ✓ Bites  |
| ✓ Choking  | ✓ Asthma                                       |
| ✓ Artificial respiration and CPR including defibrillator demonstration | ✓ Epilepsy                                     |
| ✓ Burns  | ✓ Allergies                                    |

Breastfeeding mothers may bring their babies to the course; a breastfeeding cushion will be made available for your convenience.

To guarantee your place, a non-refundable payment for the full amount is required before Friday, March 23, 2018. Cancellations with full refund will be accepted until this date. Payment by cash, cheque or online with PayPal. A flexible payment plan is available if needed.

For more information or to register, call Jan Anderson, Community Organizer at 418 684-5333, ext. 1539.

[wejh.ca](http://wejh.ca)

