



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.

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

When: Saturday, April 4, 2020
from 8:00 am to 4:00 pm

Cost: \$70, including a manual (English) and CPR/AED level C certificate valid for 3 years

Where: Room 1135 in the Jeffery Hale Pavilion - free parking

Breastfeeding mothers may bring their babies; 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 20, 2020. Cancellations with full refund will be accepted until this date. A flexible payment plan is available if needed. Pay by cash, cheque or online: wejh.ca/online-payment