



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 21, 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, April 6, 2018. 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

For more information or to register, please call 418 684-5333, ext. 1265.

