



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 7, 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](http://wejh.ca/online-payment)

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

