

Help Save A Life!

Join us for a *FREE* Online Hands-Only CPR Training

The 2nd Friday of every month
Starting in January of 2023
Register for **one** class only
(Non-certified training)
Limited to (30) people

Date	Time
January 13 th	9:00 am – 10:30 am
February 10 th	9:00 am – 10:30 am
March 10 th	9:00 am – 10:30 am
April 14 th	9:00 am – 10:30 am
May 12 th	9:00 am – 10:30 am
June 9 th	9:00 am – 10:30 am

2 STEPS TO SAVE A LIFE



Participants will learn:

- How to do hands-only CPR
- When to call 9-1-1

In Preparation for Practicing Hands-Only CPR...

Find one of the following in your home:



Empty disposable water bottle with cap



Rolled up yoga mat



Toilet paper roll!



Foam stress toy

Or... something that you can compress about 2" and it pushes back!

Registration Zoom Link:

https://bit.ly/ARCProjectSAFE_CPRTraining

Habr  interpretaci n en Espa ol disponible.

For more information, or if you need an accommodation to participate in these trainings, please contact in advanced:

Debbie Marshall: debbie.marshall@scdd.ca.gov

Jennifer Lucas: jennifer.lucas@scdd.ca.gov

In collaboration with:



American Red Cross

