

Courses include American Heart Adult CPR, proper use of an AED, and relief of choking in Adults and Children

Saturday July 11, 2009 there will be a class at the Silverado Community center.

The courses is designed for the lay-rescuer

**All students get hands-on training using mannequins
Certification card is valid for 2 years**

Bring a sack lunch and a towel- Water and Sodas to be provided.

**First Aid Class 9 - 12 noon \$15.00
CPR and AED Class 1pm -5pm \$30.00**

Reservations required Ω down holds a spot

Sponsored by:
Silverado Canyon Market & the Inter Canyon League / FireSafe Council