

BLS CERTIFICATION

NEED OR WANT TO LEARN CPR?

When: Saturday, May 7th, 2022 at 10:30 am – 12:30 pm

Who can register: Anyone that has an interest in learning Basic Life Saving (BLS) or needs to recertify in BLS/CPR

The BLS certification/recertification includes:

- Learning how to identify a heart attack
- Learning about cardiac arrest
- Learning proper CPR technique for adult, child and infants
- Learning about AEDs
- Learning about how to help someone who is choking

At The Yoga Loft

Price: \$50

**RSVP to Melinda Jayne Gilmour, Heart and Stroke Instructor:
mjaynecooper@hotmail.com
or call: 705-879-6778**