

## Lincoln Street Inc.'s American Red Cross CPR and First Aid Training Information

In this course you will learn to recognize an emergency and follow the emergency action steps: CHECK—CALL—CARE. You will also learn a number of first aid skills, such as how to perform rescue breathing and CPR, how to control bleeding and how to immobilize an injured body part.

These practices require strenuous activity. If you have a medical condition or disability that might prevent you from taking part in the practice sessions, or if you have any questions at all about your ability to participate fully in the First Aid/CPR course, you should discuss it with your health care provider before you start the course.

Upon successful completion of the American Red Cross First Aid/CPR course, you will receive one or more certificates. The cost to be registered with Red Cross and receive a card is \$19.00 per person.

Register for classes by calling (802) 886-1833.; Notice of attendance cancellation must be 48 hours in advance of the class

### April 12th, THURSDAY

CPR 9:00AM – 12:00PM  
First Aid 12:30PM – 3:00PM

### October 11th, Thursday

CPR 9:00AM – 12:00PM  
First Aid 12:30PM – 3:00PM

### July 5th, THURSDAY

CPR 9:00am – 12:00PM  
First Aid 12:30PM – 3:00PM

### December 6th, Thursday

CPR 9:00AM – 12:00PM  
First Aid 12:30PM – 3:00PM

The cost of this class is \$19 per person per class. If you choose to take **both classes on the same day, the cost will then be \$27 for the day.**

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