

VALOR HEALTH COMMUNITY CPR CLASSES

Valor Health presents an evening of free education to Gem County residents, ages 12 and older. Learn life-saving skills and techniques, taught by an American Heart Association certified instructor. Classes are limited and light refreshments will be served. Register today!

- Adult Hands-Only CPR
- Child CPR with breaths
- Adult and Infant Automated External Defibrillator (AED)
- Infant CPR
- Choking relief for infants, children, and adult

SEPTEMBER 25, 9:00AM

OCTOBER 17 | DECEMBER 19, 7:00PM

For more information and to register, please contact

Laurel Whittemore RN CFRN,

Valor Health Clinical Educator at (208) 488-6218



LOCATION:

Valor Health Hospital
Large Conference Room
1202 E Locust Street

CLASSES ARE FREE!
CERTIFICATION CARDS ARE
AVAILABLE FOR \$25



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- Basic bleeding control techniques
- How to apply a tourniquet
- How to pack a large wound



Learn simple actions you can take to **save a life!**

September 19th (full) | November 14
6:30 PM

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Approximately 1 hour class