



American Heart Association.

CPR & First Aid Emergency Cardiovascular Care

The Holland Township Education Association will be sponsoring a **FREE Friends and Family CPR** course on **Thursday, May 18, 2023**.

Family & Friends CPR

What is it? Teaches the lifesaving skills of adult Hands-Only™ CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. These topics can be presented together or taught separately as stand-alone modules. Skills are taught by using the American Heart Association's research-proven practice-while-watching technique, which allows participants to practice on a CPR training manikin while skills are demonstrated in the course video.

Primary Audience: This course is for people who want to learn CPR but do not need a course completion card in CPR for their job. Almost 80% of sudden cardiac arrests happen in the home. 92% of victims don't survive, often because people around them don't take action and begin CPR. You can help change this statistic by learning the simple skills of CPR. This course is ideal for schools and students, parents, grandparents, babysitters and others interested in learning how to save a life.

Upon completion of this course, participants will not be CPR certified for coaching or employment requirements. However, they will have knowledge of lifesaving techniques.

Date: Thursday, May 18, 2023

Location: Holland Township School

No need to worry about dinner, HTEA will provide you with a pizza dinner before the course begins.

Dinner-5:30 PM, followed by CPR Friends and Family Course-6-8 PM

There is room for 20 participants. Spots will be filled on a first come, first served basis and will close when 20 have registered. Please complete [this Google Form](#) to register. A confirmation email will be sent to those attending. Deadline to register is May 12, 2023 if openings remain. Questions: dcroa@hollandschool.org