



CPR/AED & BASIC FIRST AID



CPR/AED & FIRST AID

Adams Safety Training Center

2303 Camino Ramon Suite 145

Do you have the skills to provide basic CPR and First Aid for a friend or family member in an emergency? This course is intended for parents, grandparents, foster parents, coaches, nannies or anyone needed or wanting a non-healthcare level CPR and First Aid training. Learn to recognize the signs and symptoms of cardiac arrest, injuries and sudden illnesses; how to deal with emergencies like cardiac arrest, bleeding, shock, burns, sprains, fractures, allergic reactions, seizures and more in hands-on environment. Wear comfortable clothing. Two-year certification issued at class completion.

Ages 12+ 1 Class \$60(R/Go)/\$75(N)

Saturday, January 28, 2017 8:00am-12:00pm Act#101994

Saturday, February 4, 2017 8:00am-12:00pm Act#101995

Saturday, March 4, 2017 8:00am-12:00pm Act#101996

Saturday, April 1, 2017 8:00am-12:00pm Act#101997

Saturday, May 6, 2017 8:00am-12:00pm Act#101998

San Ramon Parks & Community Services

12501 Alcosta Boulevard · T: (925) 973-3200 · F: (925) 830-5162 · www.SanRamon.ca.gov/parks

Register: SanRamonRecGuide.com · Tickets: SanRamonPerformingArts.com · Email: parks@sanramon.ca.gov