

# Community CPR Classes

Offered by Havasu Regional Medical Center



We encourage you to attend one of the **FREE** training sessions below to learn the simple steps of Hands-Only™ CPR and the use of an AED (Automatic External Defibrillator). Also learn the early signs and symptoms of a heart attack!

Learn about people who are alive today because someone acted quickly and what you can do!  
All sessions are FREE to the community- no reservation required.

**HRMC Learning Centre, Located at 1785 McCulloch Blvd. (across from K-Mart)**

**Thursday, January 21, 2016, 6:00 PM-7:00 PM**

**Thursday, May 19, 2016, 6:00 PM-7:00 PM**

**Thursday, February 18, 2016, 6:00 PM-7:00 PM**

**Thursday, June 16, 2016, 6:00 PM-7:00PM**

**Thursday, March 17, 2016, 6:00 PM-7:00 PM**

*Pick the date which works best for you 😊*

**Thursday, April 21, 2016, 6:00 PM-7:00 PM**

Hand-out materials provided at class. **This course is FREE to the community.** This not a card-earning course.  
Havasu Regional Medical Center is partially owned by physicians.