

Community CPR Classes and STOP the Bleed Education

Offered by Havasu Regional Medical Center and the Lake Havasu City Fire Department



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!

Hand out materials provided at class. This is NOT a card-earning course.

In addition to Hands Only CPR, starting 9/13/17: you will learn skills to help save lives that are at risk due to bleeding. Learn how to:

1. Immediate respond to bleeding
2. Recognize life threatening bleeding
3. Appropriate ways to stop the bleeding

The help given by immediate bystanders can often time make the difference between life and death, even before professionals arrive

All sessions are FREE to the community- no reservation required. **Pick the date which works best for you**

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

All classes are from 6:00 PM to 8:00 PM

July 13, 2017: No Stop the bleed training at this class

August 17, 2017: No Stop the Bleed training at this class

September 13, 2017

October 19, 2017

November 15, 2017

December 12, 2017

This course is FREE to the community. For more information, call 928-453-0139

Havasu Regional is partially invested in by physicians.