

## Family & Friends CPR

The Family & Friends CPR program contains information on how to perform the basic skills of CPR in adults, children and infants and how to help an adult, child or infant who is choking.

This classroom-based, video and instructor-led CPR course offers families, friends and community members the opportunity to learn basic CPR in a dynamic group environment for those who do not require a course completion card. Each student will receive a participation card.

This program also can be a non-credentialed option for teaching CPR to middle and high school aged students in school settings. This program can be used in a variety of creative ways to teach lifesaving CPR skills to communities.

Some examples include:

- Workplace wellness program
- Neighborhood or condo association meeting activity
- Parent/teacher meeting program

This course is 2.5 hours.

We will schedule a customized class for your group at your location to fit your schedule with a minimum of 6 students.