

**HAMPDEN COUNTY MRC 'S PRESENT:
YOU ARE THE HELP UNTIL HELP ARRIVES!**



THIS FALL TRAINING IS BEING OFFERED IN THREE SECTIONS:

**THURSDAY, OCTOBER 18, 2018: INTRODUCTION TO
PROVIDING ASSISTANCE AS A LAY PERSON**

THURSDAY, NOVEMBER 29, 2018: HANDS ONLY CPR

THURSDAY, DECEMBER 20, 2018: STOP THE BLEED

ALL TRAININGS WILL BE HELD: Downstairs-Community Room

CHICOPEE PUBLIC LIBRARY 449 Front Street

CHECK-IN 6:30-PM; PROGRAM 6:45 PM-8:30 PM

PROGRAM IS OPEN TO: EVERYONE

Pre-registration required: loisluniewicz@comcast.net

**NO LATER THAN THE MONDAY BEFORE EACH TRAINING or REGISTER FOR ALL
THREE AT THE SAME TIME by Monday, October 15th.**

**NOTE: ATTENDEES WHO PARTICIPATE IN ALL THREE TRAININGS WILL
BE ENTERED FOR A DRAWING**

**NOTE: HANDS ONLY CPR IS NOT A CERTIFICATION COURSE BUT
PROVIDES A GENERAL KNOWLEDGE OF HOW TO PERFORM CPR**