



CPR



Do you know what to do if a family member collapses in front of you?

Do you know how to relieve choking?

Do you know how to use an AED?

If the answer to any of these questions is “no,” join members of The Town of Farmington Fire Department at the Senior/Community Center as they instruct the American Heart Association’s **Family and Friends** CPR Course.

- **Family and Friends CPR:** This video-based course teaches CPR and relief of choking in adults, children and infants. Use of an AED (Automated External Defibrillator) is also included in the training, and participants receive a student manual for ongoing reference. Family and Friends CPR is designed for members of the general public who would like to learn basic CPR, including families with children or elderly relatives, community groups, and those who do not need a course completion card. **NO COST!!!**

Available Dates:

- **Wednesday, March 13th, 2019 10 a.m. to 1 p.m.**
- **Wednesday, June 12th, 2019 7 p.m. to 10 p.m.**
- **Wednesday, September 11th, 2019 7 p.m. to 10 p.m.**
- **Wednesday, December 11th, 2019 10 a.m. to 1 p.m.**

If you would like to sign up for one of these upcoming classes at the Senior/Community Center and learn the skills to help a loved one in distress, go to:

<http://www.farmington-ct.org/departments/fire-department/cpr-registration>