



## FRIENDS & FAMILY CPR

### CPR TRAINING COURSE TO BE OFFERED BY TOP NY INSTRUCTOR

- When: Thursday April 30<sup>th</sup>, 2009 10:00am-12:30pm
- Where: Plancher Orthopedics and Sports Medicine
  - 31 River Road, Suite 100, Cos Cob, CT 06807
  - Cost: \$75.00 Per Person, including all materials
- Register: Contact Janine at 203-869-2002 or email: [jbahar@ofals.org](mailto:jbahar@ofals.org)

#### **CPR Training Certifications will be provided after the course.**

Heart attack, drowning, electric shock may cause a victim's heart to suddenly stop pumping blood. Studies show that effective CPR started immediately improves survival from sudden cardiac arrest.

Most Cardiac arrest occurs outside of the hospital setting. This is when bystander CPR becomes critical because without it the victim's chance of complete recovery is greatly reduced.



The American Heart Association (AHA) has developed the Friends & Family Course to prepare the general public who, as first responders.

- May need to perform cardiopulmonary resuscitation (CPR) on a patient in cardiac arrest
  - May need to help someone who is choking.

Assisting in these types of situations sounds a lot scarier than it really is. We here at Orthopedic Foundation For Active Lifestyles will prepare you to help a person who is choking or is in cardiac arrest by utilizing a "Stress Free" approach to learning. This proven method of instruction will empower you to want to take action: *Action that may save a life!!!*

In this course you will learn in ways proven effective: skill practice while watching an interactive video facilitated by an experienced instructor. We look forward to having the opportunity to train you.