



You want to be a RESCUER? FIRST AID and CPR courses now offered!

You will Learn how to:

- Provide basic first aid
- Perform cardio-pulmonary resuscitation (CPR)
- Use an automated external defibrillator (AED)

Courses includes:

- Complete course (theory and practice)
- Book (except for Hero in 30)
- Exam
- Certification by the Canadian Heart and Stroke foundation
- Accredited hours if required by your healthcare order (for healthcare providers)

Courses offered:

1. First Aid and CPR

- 8-hour class
- Basic first aid, CPR and AED in adults/children/babies
- Cost: 60\$
- Target audience: general public, daycare, school, sports, recreation setting
- **Dates Offered in 2017: October 14th, October 21st, November 4th, November 11th**

2. Heartsaver

- 5-hour class
- CPR and AED in adults/children/babies
- Cost: tbd
- Target audience: general public, daycare, students, teachers

3. BLS (FOR HEALTHCARE PROFESSIONALS)

- 5-hour class
- CPR and AED in adults/children/babies
- Cost: tbd
- Target audience: first responders, ambulance techs, doctors, nurses, NA, inhalation therapists, all paramedical professionals, dentists, pharmacists, students/teachers in healthcare

4. Hero in 30

- 30-minute class
- CPR in adults only
- Cost: tbd
- Target audience: general public

*** Profit made will go towards funds for First Aid equipment at church ***

Registration at Centre E.S.P.O.I.R. Québec