



# CPR & STOP THE BLEED

**Be ready to save a life!**

Emergencies don't wait—and neither should you. This March, jump into a hands-on class that teaches two essential response skills so you can step up until help arrives.

- ♥ CPR (Cardiopulmonary Resuscitation) — Learn how to recognize cardiac emergencies, perform chest compressions, and give rescue breaths.
- 🩸 Stop the Bleed — Master simple, effective techniques to control severe bleeding and prevent life-threatening blood loss until professional responders are on scene.

Taught by our amazing first responders from the Newtown Ambulance Squad, led by Deputy Chief Kevin Gordon, this class will give you the confidence to act quickly and effectively when every second counts.

 **Date: Wednesday, March 11**

 **Time: 7:00 PM – 9:00 PM**

 **Location: Newtown Grant Clubhouse**

 **Register at: [www.newtowngrant.org/cpr-stop-the-bleed](http://www.newtowngrant.org/cpr-stop-the-bleed)**

**Empower yourself to make a difference — because every second counts!**

