

*“I have always thought I would use it...someday...
but never dreamed it would be my own child.”*



Carrington and I were enjoying a warm summer night on the porch. She went inside to fix herself a plate of food and came back outside. Soon I noticed she wasn't talking...and had put her hands around her neck.

I stood behind her, placed my arms around her, grabbed my hands and placed them just above her navel. After the third abdominal thrust, the food came flying out of her mouth.

Monty Brooks
Director of Health and Safety
American Red Cross
Hoosier Heartland Chapter, Indiana



Photo courtesy of *The Star Press*, Muncie, IN

Red Cross training will teach you to recognize and respond to an emergency.

- Care for conscious and unconscious choking victims
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- Use an automated external defibrillator (AED) on a victim of sudden cardiac arrest
- Care for injuries and sudden illnesses and how to protect yourself and the victim when giving Care

Together we can save a life...

Adult CPR/AED/First Aid and Blood Borne Pathogens

A comprehensive **two day course, 1 pm-5:30 pm** both days

- **May 27 and 28**
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Cost: \$75.00

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Instructor Training
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June 5, 12, & 19 or Sept 11,
18 & 25
8 am to 5 pm each day

Cost: \$255.00



Courses generously hosted at ECPI College of Technology

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**Call your local Red Cross office to pre-register or for more information
(336) 333-2111 or email royall@usa.redcross.org**

Will You Be Ready to Save a Life?