



**JESS DAVIS TRAINING**

Accredited training for your business



# Senior Savours

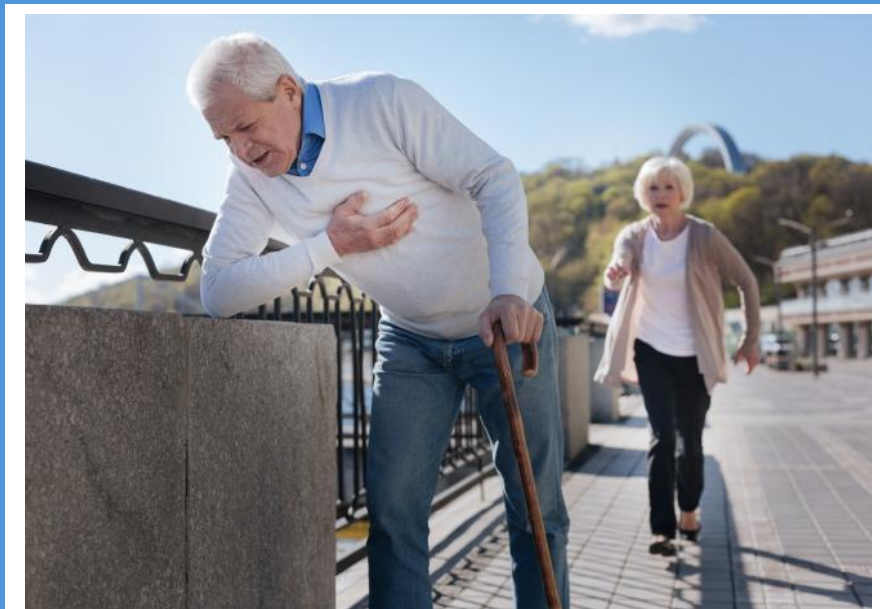
**Two hour training course**

**Learn essential first aid skills**

**Would you know what to do if a loved one became unwell, collapsed, fell unconscious, had a fall, a heart attack, a stroke or stopped breathing?**

This short course will give you the essential skills to feel confident in a first aid emergency.

- Unconsciousness
- CPR
- Heart attack
- Choking
- Falls
- Stroke
- Minor injuries
- Bleeding



We are happy to come to your home, social groups and clubs to deliver our short first aid courses. All of our courses are fun and interactive, giving you the best environment to learn.

For more information contact: [jessica@jessdavistraining.com](mailto:jessica@jessdavistraining.com)

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