



Ottawa Paramedic Service



for

BARRHAVEN SENIORS' COUNCIL

CPR Essentials Course

This course is designed for individuals who would like more information on CPR and AED training but do not require an actual certification. Learn how to help a loved one.

"Additional" Course Date !!

Choose: March 9, 2020

Time: 9-12 PM

Location: 700 Longfields Drive

Cost: \$10 per person
including a light lunch

Students will be shown the essentials skills of:

- Managing an Emergency Scene
- Adult CPR
- Automated External Defibrillation (AED)



Funded by



To register for this course, email
barrhavenseniors@gmail.com

or call

Don Winchester
613-440-3620