

Child CPR Rescue Workshop

New Life Prenatal Classes in partnership with 2HEALTH First Aid & Child Safety

Thurs., February 9/ 2012

7 - 9pm

The Scarborough Hospital
General Campus - Auditorium, 1st floor

\$35/ person or \$60/ couple

To register contact:

Effie Pallotta

> Certified Childbirth Educator + Doula
> New Life Prenatal founder + President

416-752-2977
newlifeprenatal@gmail.com

~ babies welcome~

presenter: **Kavita Chauhan**

> Red Cross First Aid Instructor
> Certified Car Seat Technician
> 2HEALTH founder + president

Rescue
your child calmly
+ confidently in the
first crucial
minutes.

2HEALTH's
easy-to-understand
approach will help you to be
prepared and confident in an
emergency...so you can
rescue your family in 60
seconds!



Can you rescue your family in 60 seconds?

A non-breathing or choking person can die in 1 minute. Did you know brain damage follows in minutes...before '911' arrives?

In this invaluable + interactive workshop with 2HEALTH First Aid you'll learn:

- why you need to rescue in 60 seconds!
- when to call 911/ EMS? if you're alone?
- why is CPR needed and how do you do it?
- how to rescue a choking child or baby?
- car seat tips + why to avoid feeding in the car
- day-to-day injury prevention
- hands-on practice on each other + mannequin
- first aid kit 'must-haves'
- treating + preventing first aid situations: SIDS, head injuries, poisoning, bleeding, seizures, drowning, burns, anaphylaxis and auto-injector use [epi-pen/ twin-jet]