

A choking child dies in 1 minute.
Brain damage starts in 4 minutes.
'911' will arrive in 4-10 minutes.

Are YOU PREPARED to help
YOUR CHILD in a
First Aid EMERGENCY?



In 4 hours, you + your family will be confident rescuers
with *IN-HOME Child + Adult First Aid Rescue* by **2HEALTH**



Gather 4-8 pp min.
at home or office

4 hours of first aid tips
practice + role-play

\$50/ person

serving area codes:
416 • 905 • 519 • 705

What we'll cover so you're prepared:

- how to respond calmly AND start to rescue in 60 seconds
- how to do baby, child, adult choking + CPR rescue skills
- when to call 911/ EMS
- how to rescue an actual baby, child, and adult
- first aid kit 'must-haves'
- how to prevent emergencies + day-to-day preparation
- how to treat first aid situations: head injuries, poisoning, burns, bleeding, drowning + child car seat injuries*

***Child Car Seat installation tips + visual inspections too!**

creating confident rescuers + safer homes since 1992

Kavita Chauhan Marieiro has passionately trained thousands of parents, health care pros and companies become confident first aid rescuers! Her combined qualifications: Red Cross First Aid Instructor, Certified Kinesiologist, Certified Car Seat Technician, and former Lifeguard and Swim Instructor, allows Kavita to deliver an interactive workshop and lead a dynamic team. Enjoy 2HEALTH's practical + invaluable course! 2HEALTH's team is friendly, informed and Canadian Red Cross certified.



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