

2<sup>nd</sup> or 3<sup>rd</sup> Thursday  
each month

6:30 - 7:30 pm

# Child CPR Workshop - free

by 2HEALTH First Aid + Child Safety

[Aug. 11, Sep. 15, Oct. 13, Nov. 10, Dec. 8]

Babies R Us - 3150 Argentia Road, west of Winston Churchill

~ meet at the back near the gliders! ~



Can  
you rescue  
your family in  
60 seconds?

A non-breathing or choking person can die in 60 seconds.

Did you know brain damage follows in 4-6 minutes... before '911' arrives?

In this INTERACTIVE + INVALUABLE workshop 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?
- day-to-day injury prevention. Hands-on practice on mannequin + 10lbs. dolls
- treating + preventing first aid situations: SIDS, head injuries, seizures, drowning

2<sup>nd</sup> or 3<sup>rd</sup> Thursday  
each month

7:30 - 8:30 pm

# Car Seat Workshop - free

by 2HEALTH First Aid + Child Safety

[Aug. 11, Sep. 15, Oct. 13, Nov. 10, Dec. 8]

Babies R Us - 3150 Argentia Road, west of Winston Churchill

~ meet at the back near the car seats! ~



In 60 minutes, you will learn:

- > Ontario's law overview
- > Rear-facing proper install
- > Forward-facing proper install
- > What is a seat belt cutter?
- > Why not to feed in a car seat?
- > When to turn the child forward
- > Your Questions - ask anything!

Is  
your child  
safe +  
secure?

presenter: Kavita Chauhan

- > Red Cross First Aid Instructor
- > Certified Car Seat Technician
- > 2HEALTH helping families since 1992
- > 2HEALTH founder + president



In-home First Aid + CPR training ~ Kits ~ Car Seat inspections  
Creating 'one-minute' rescuers + safer families since 1992.

www.2health.com | 416.873.8606

