

Child CPR Workshop

Thrive Natural Family Health in partnership with 2HEALTH First Aid + Child Safety

Saturday, January 21, 2012

10am - 12pm

at Thrive Natural Family Health
110 Eglinton Av. East, Suite 502

\$35/ person or \$60/ couple

To register contact:

Thrive Natural Family Health

(647) 352-7911

info@thrivehealth.ca

~ babies welcome ~



- > how to rescue a choking baby and toddler? how to prevent choking?
- > 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?
- > hands-on practice on mannequin + 10lbs. dolls
- > first aid situations: SIDS, head injuries, seizures, drowning
- > car seat safety questions welcomed!

**A
non-breathing
or choking person
can die in 60
seconds - can you
rescue them in
time?**

facilitator: **Kavita Chauhan**

- > Red Cross First Aid Instructor
- > Certified Car Seat Technician
- > Kinesiologist & Ergonomist
- > 2HEALTH founder & president
- > creating safer families since 1992



need more training or can't make it?
Thrive Health and 2HEALTH will host more courses in 2012. Visit 2health.com for more info or email firstaid@2health.com.



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

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www.2health.com | 416.873.8606

