

FREE Workshops at **Babies R Us** [3150 Argentia Road, w. of Winston Churchill]

monthly on last **Tuesdays**: Jan. 31 ~ Feb. 28 ~ Mar. 27 ~ Apr. 24

Child CPR Workshop - free

by 2HEALTH First Aid + Child Safety

6:30 - 7:30 pm last Tuesday each month
~ meet near the gliders at the back ~

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

- > 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 baby and toddler? how to prevent choking?
- > hands-on practice on mannequin + 10lbs. dolls
- > first aid situations: SIDS, head injuries, seizures, drowning



Car Seat Workshop - free

by 2HEALTH First Aid + Child Safety

7:30 - 8:30 pm last Tuesday each month
~ meet near the car seats ~

Is
your child
safe +
secure?

- > Rear-facing and 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!



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?
2HEALTH conducts in-home courses [2-4 hours]
at your convenience. 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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