

My Personal Fitness

CPR and First Aid Classes



My Personal Fitness is an Authorized Provider of American Red Cross Community and Workplace CPR and First Aid classes. Margie Connolly, BS, JD, CPT, has been instructing CPR and First Aid classes for the American Red Cross since 2002.

Adult and Child CPR, AED and Standard First Aid

Summer, 2009

Saturday, July 11 12:30 pm - 5:00 pm

Saturday, July 25 12:30 pm - 5:00 pm

This class is appropriate for: Coaches

- Teachers and school employees
- Health Club Employees
- Office and Plant employees and managers
- Restaurant employees and managers
- Parent Volunteers

Topics will include: How to recognize and respond to a physical or medical emergency, how to protect yourself while assisting in a medical emergency, how to recognize heart attack, stroke, choking, or other medical emergency, and respond quickly and appropriately, how to administer CPR, how and when to use an AED (Automated External Defibrillator), and how to treat injuries from cuts to burns to heat stroke.

FEES INCLUDE RED CROSS CERTIFICATION CARDS AND SAFETY HANDOUTS

\$30 per person, payable by check or cash only.

Call **281-433-9488**, or email to register.

margieconnolly@yahoo.com

(Minimum of 4 registrations required to hold class. Registrants will be notified by email if class is cancelled due to insufficient registrations.)

**LOCATION: *My Personal Fitness Studio*, 13893 SOUTHWEST FREEWAY, Sugar Creek,
GERLAND'S SHOPPING CENTER (Next to Finish Line Sports)**