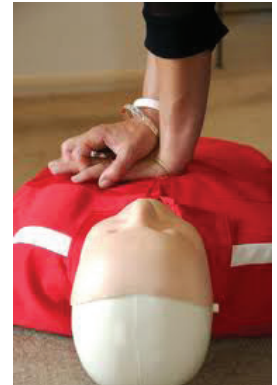


INTERESTED IN SAVING LIVES?

La Clínica is committed to provide high quality **Basic Life Support** skills (BLS/ CPR) to our community and partners in order to help build healthier lives, reduce disability, and death due to heart disease and stroke.

If you are interested in taking a CPR class through **La Clínica** please choose the date that best works for you. Space is limited!



ABOUT THE CLASS

Cost: \$75.00 – Student Manual included. Contact us for group rates.

Audience: Appropriate for healthcare providers, including medical, dental, and healthcare workers or students who require a healthcare provider course completion card. Community members also welcome!



Students taking this course will learn:

- ☑ Key changes in basic life support, reflecting the new science from the **2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care**
- ☑ Critical concepts of high-quality CPR
- ☑ The American Heart Association Chain of Survival
- ☑ 1-Rescuer CPR and AED for adult, child, and infant
- ☑ 2-Rescuer CPR and AED for adult, child, and infant
- ☑ Differences between adult, child, and infant rescue techniques
- ☑ Bag-mask techniques for adult, child, and infant
- ☑ Rescue breathing for adult, child, and infant
- ☑ Relief of choking for adult, child, and infant

CLASS SCHEDULE*

Date	Time
February 7, 2014	8:30am - 1:30pm
March 7, 2014	8:30am - 1:30pm
April 4, 2014	8:30am - 1:30pm
May 2, 2014	8:30am - 1:30pm
June 6, 2014	8:30am - 1:30pm
July 11, 2014	8:30am - 1:30pm
August 1, 2014	8:30am - 1:30pm
September 5, 2014	8:30am - 1:30pm
October 3, 2014	8:30am - 1:30pm
November 7, 2014	8:30am - 1:30pm
December 5, 2014	8:30am - 1:30pm

*Other dates available. Call for details.

LOCATION

**1450 Fruitvale Avenue, Suite F
Oakland, CA 94601**

BART: Exit at Fruitvale Station

**To enroll contact us at:
510-535-2990
tlc@laclinica.org**