



CPR & First Aid Certification at MGNS!

When you think about how many people you come in contact with each day - at work, at school, at the grocery store, or even when you're just out for a stroll - it makes sense to be prepared. Knowing First Aid, CPR, and becoming familiar with how to use an AED, can help you be ready to take action when someone needs it most.

Become certified in CPR/AED and First Aid through the American Heart Association's HeartSaver courses in a small group setting right here at MGNS. Sign up for one or both courses!

First Aid Course will cover:

- First Aid Basics
- Medical Emergencies (e.g. heart attack, stroke, seizure, etc.)
- Injury Emergencies (e.g. bleeding, burns, concussion, etc.)
- Environmental Emergencies (e.g. animal/insect bites, heat/cold-related emergency, etc.)

CPR/AED Course will cover:

- Adult, child, and infant CPR
- AED use for all ages
- Relieving choking for all ages.

When: Saturday, November 11

- First Aid (9:00am-12:00pm)
- CPR/AED (12:30-3:30pm)

Where: Monona Grove Nursery School

Cost: \$60/course (includes certification card, valid for 2 years; AND a portion of each registration will be donated directly to MGNS)

Space is limited; sign up is first come, first served.

To register, contact course instructor, Kathryn Premo Mingione

Email: kpmingione@gmail.com

Mobile: [608.225.4959](tel:608.225.4959)