

# \*FREE CPR CLASS!

AHA HEARTSAVER AED

Learn Adult, Child, and Infant CPR, Relief of choking, and Use of the AED  
Taught by certified American Heart Association Instructors

Learn CPR today and have the confidence to respond in an emergency situation with skills that can save a life.

## REGISTER

Please fill out the registration form found on the back of this flyer. You can visit our website, [rescue14.com](http://rescue14.com), to print out additional registration forms. Completed forms may be mailed directly to:

VBRSF Attn: CPR Class  
740 Virginia Beach Blvd.  
Virginia Beach, VA 23451



Or placed in the CPR box in the foyer of Rescue 14 located at the address above.

The Program Coordinator will contact you to schedule your class. If you have questions, please write them on your registration form or email the program coordinator at [CPR@rescue14.com](mailto:CPR@rescue14.com).

## CLASSES

CPR Classes are held monthly on Saturdays 9:30am - 1:30pm.  
Dates marked in green, Heartsaver First Aid will be from 2pm - 6pm.

**Rescue 14 Station**  
740 Virginia Beach Blvd.  
**Rescue 8 Station**  
1243 Bayne Dr.

**January 23, 2010 - Rescue 14**  
**February 20, 2010 - Rescue 14**  
**March 27, 2010 - Rescue 8**

**April 17, 2010 - Rescue 14**  
**May 22, 2010 - Rescue 14**  
**June 19, 2010 - Rescue 8**

## COMMUNITY PARTICIPATION

Virginia Beach Rescue Squad Foundation will sponsor Heartsaver AED classes at no charge as a service to our individual\* community members!

\$25.00 per person deposit is due with each registration and will be refunded upon attendance of your scheduled class. Please make checks payable to Virginia Beach Volunteer Rescue Squad

\$12.00 book is available online Order # 80-1024 [laerdal.com](http://laerdal.com)

\*Companies and organizations will be referred to CPR instructors who provide this professional service to groups

**VIRGINIA BEACH VOLUNTEER RESCUE SQUAD, INC.**

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