

# AMERICAN SAFETY & HEALTH INSTITUTE

*Approved Training Center*



## ***Get CPR and AED Certified!***

*ASHI CPR and AED* is designed specifically for laypeople. This extremely flexible program will help prepare you to respond to a cardiac arrest and choking. This program conforms to the *2015 AHA Guidelines Update for CPR and AED*. Instructor: Lois Moncel, Director of Fitness & Wellness, Robson Ranch, Eloy, AZ.

### **Course highlights:**

- Designed for individuals who are not healthcare providers or professional rescuers but desire or are required to be certified in CPR and the use of an AED
- 2-year certification – Wallet certification cards will be given upon completion.
- 2 ½ hour class includes plenty of time for skills practice

**When?** Tuesday, January 29, 2019

**Time?** 9:00 – 11:30 am or 1:30-4:00 pm

**Details?** Sign up is required as there is a minimum of 5 and maximum of 10 people per class. Cost is \$15 and paid at time of registration.

For Questions, contact Cheri Sipe, Anza Athletic Club  
at [Cheri.sipe@robson.com](mailto:Cheri.sipe@robson.com)