



# FREE

# BASIC LIFE SUPPORT & AED TRAINING



Our FREE 2 hour workshop offers training in basic life support, hands on experience of CPR and AED tuition to groups or individual.

*It will give you confidence in knowing what to do if someone you know collapses.*


**Tuesday 27<sup>th</sup> January**  
**Weekley Village Hall**  
**Weekley**  
**Kettering**  
**NN16 9UP**  
**7-9pm**

### *Training includes:*

- Learn about Emergency Situation
- Basic Life Support
- Get Started with CPR
- Get Started with AEDs
- Real-life Demonstration
- Hands on Practice

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Supporting East Midlands Ambulance Service



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CFR**



*Everyone  
welcome, just  
come along!*

**NHS**  
**East Midlands  
Ambulance Service**  
NHS Trust

