

# **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

**FOR MORE INFORMATION, CONTACT**

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## **BOTHWELL OFFERS COMMUNITY CPR & FIRST AID CLASS**

SEDALIA -- Bothwell Regional Health Center will offer a cardiopulmonary resuscitation (CPR) and first aid class for the community on Saturday, Oct. 20. The CPR class will be held from 8:30 to 11:30 a.m., and the first aid portion will be from 12:30 to 3:30 p.m. Both classes will be in the Bothwell Education Center at 600 East 14<sup>th</sup> Street, the former Children's Therapy Center.

Students will learn how to provide CPR to an adult, child or infant and how to use an automated external defibrillator (AED) for adults and children older than 1 year. Those opting to take the first aid component will learn basic first aid and appropriate skills to use during medical and injury emergencies.

This course is designed for anyone who wants to learn CPR and first aid including corporate and retail employees, security, law enforcement, health and fitness staff and those who need a completion card in CPR, AED or first aid. It is credentialed and includes a skills test. The course does not meet the needs of health-care providers requiring certification. Course curriculum is provided by the American Heart Association.

The cost of the class is \$35 for CPR/AED, or \$50 for both the CPR and first aid portions.

Registration for the class can be made by calling Community Outreach Coordinator Sarah Nail at (660) 827-9138 or e-mailing snail@brhc.org. Registration is due Oct. 17. Early registration is recommended as class size is limited.

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Bothwell Regional Health Center is a 140-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopaedic, endovascular/cardiac, women's health, and therapy services. For more information on Bothwell Regional Health Center and its services, visit the website at [www.brhc.org](http://www.brhc.org) or find us on Facebook.