

Newton HHS is holding 2 drop-in sessions for CPR and first aid training

No appointment needed! Watch the videos below and drop-in to come practice with a nurse

## Room B15 City Hall Basement

## Tuesday, Sept 20th 10-2PM

CPR and AED demonstration from 10–10:30AM

## Friday, Sept 23rd 12-3PM

CPR and AED demonstration from 1–1:30PM

**INSTRUCTIONAL VIDEO LINKS:** 

Adult Hands-only CPR

<u>Automated External Defibrillators (AEDs)</u>

Stop the Bleed Online Course

<u>Narcan</u>

**EpiPens**