



# Health First

## WHAT IF YOUR CHILD STOPPED BREATHING?

Expectant parents, new parents, grandparents and siblings have a simple, convenient way to learn to perform infant CPR and to relieve choking — the American Heart Association’s Family & Friends Infant CPR training at Health First. It is designed for people who don’t require a course completion card to satisfy a work requirement and who most likely would never attend a traditional CPR course.

“Because the home is the most likely place for an infant to choke or suffer cardiac arrest, parents and caretakers are among the most important people to be trained in infant CPR and the relief of choking,” said Monica Kleinman, MD, national spokesperson for the American Heart Association and clinical director, Medical/Surgical Intensive Care Unit, Children’s Hospital Boston.

**All classes held on Saturdays from 9:00 am – 11:00 am, please check the class you will be attending:**

- January 16       February 20       March 20       April 17       May 15
- June 19       July 17       August 21       September 18       October 16
- December 11

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Course Fee(s): *check all that apply*     Individual – \$20.00     Couple (two people) – \$30.00  
 Add. Family/Friend \$10.00 ea x \_\_\_\_\_    Total Amount Due \$ \_\_\_\_\_

**Choose a payment method and mail or fax (321-254-0795) your signed registration form and payment to the address below:**

Check: Please make checks payable to:  
Health First Training Center, 3470 N. US Highway 1, Melbourne, FL 32935  
Attention: Barbara Couch

Mastercard     Visa     Discover

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature: \_\_\_\_\_

**Cancellation/Fees:** By signing this registration form I acknowledge that if I cancel my registration, I must do so at least 48 hours before the program begins to avoid losing my registration fee. A \$10.00 administrative fee will be charged on all refunds.

Signature (Required): \_\_\_\_\_

### THE Training CENTER

3470 North US 1  
Melbourne, FL 32935  
P: 321.434.1972

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[WWW.TRAINING.HEALTH-FIRST.ORG](http://WWW.TRAINING.HEALTH-FIRST.ORG)