

# HANDS ONLY CPR/AED and CHOKING CLASS 2019



*Research confirms immediate bystander 'compressions only' CPR increases cardiac arrest survival rates.*

**FREE 90-minute class will teach 'compressions only' CPR, how to use an Automated External Defibrillator (AED), and help an adult or child who is choking.**



**Compressions**



**AED**



**Choking**

DATES	LOCATIONS	TIME
January 23 • Wednesday	Los Altos Hills Town Hall 26379 Fremont Road, Los Altos Hills	6:00 - 7:30 p.m.
February 20 • Wednesday	Cupertino Community Hall 10350 Torre Avenue, Cupertino	6:00 - 7:30 p.m.
March 20 • Wednesday	LG/MS Police Operations Building 15900 Los Gatos Blvd., Los Gatos	6:00 - 7:30 p.m.
April 16 • Tuesday	Saratoga Senior Center 19655 Allendale Avenue, Saratoga	6:00 - 7:30 p.m.
May 15 • Wednesday	Campbell Community Center - Rm Q80 1 W. Campbell Avenue, Campbell	6:00 - 7:30 p.m.
June 5 • Wednesday	Grant Park - Multi Purpose Room 1575 Holt Avenue, Los Altos	6:00 - 7:30 p.m.
July 17 • Wednesday	Los Altos Hills Town Hall 26379 Fremont Road, Los Altos Hills	6:00 - 7:30 p.m.
August 14 • Wednesday	Quinlan Community Center - Cupertino Rm 10185 N. Stelling Road, Cupertino	6:00 - 7:30 p.m.
September 18 • Wednesday	LG/MS Police Operations Building 15900 Los Gatos Blvd., Los Gatos	6:00 - 7:30 p.m.
October 15 • Tuesday	Joan Pisani Community Center 19655 Allendale Avenue, Saratoga	6:00 - 7:30 p.m.
November 6 • Wednesday	Campbell Community Center - Rm Q80 1 W. Campbell Avenue, Campbell	6:00 - 7:30 p.m.
December 4 • Wednesday	Grant Park - Multi Purpose Room 1575 Holt Avenue, Los Altos	6:00 - 7:30 p.m.

**Register on [Eventbrite.com](https://www.eventbrite.com)**

*Participants do not receive a two-year CPR/AED certification card.*

To find a Heartsaver CPR certification class, visit [www.sccfd.org](http://www.sccfd.org) / [www.redcross.org](http://www.redcross.org) / [www.heart.org](http://www.heart.org)



Training provided by:

**Santa Clara County Fire Department • 408.378.4010 • [www.sccfd.org](http://www.sccfd.org)**

Classes are open to individuals who live or work within the communities served by SCCFD: Campbell, Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Saratoga and the unincorporated surrounding areas.