

## Next Class

**ONLINE Skills Session:** When you elect to take the online version of the course or review course through the American Heart Association or the National Safety Council, you are still required to attend a skills practice and exam session. Skill session nights are held on Tuesdays and Thursdays in Lawrence and Haverhill. Call to arrange an appointment.

**RECERT Weekends:** Recertification Sessions are held on the last Saturday of most months. Call to reserve a spot or to arrange a private recert for you or your group.

**Full Course:** Arranged as needed. A Private Class can be designed to accommodate specific interests in lifesaving, rescue, water safety and drowning, heart attack and stroke prevention, emergency management of injury, sudden illness and shock.

Save and Aid is based in eastern Massachusetts and trains all over New England.

At Save and Aid we have courses scheduled for CPR and First Training on a regular basis. We also arrange training for individuals or corporations in Massachusetts and New England at a location convenient to them. Water Safety seminars, lifeguard in-service and other emergency response courses can be provided whether through the National Safety Council, the American Heart Association, or the Red Cross. Our audience includes 911 personnel, emergency response workers, lifeguards, family of those at high risk for heart attack, stroke, and choking, and anyone with an interest in learning BLS lifesaving techniques to save and aid in drowning situations or where an injury, shock, or sudden illness exists requiring first aid or CPR.

**We are Mobile:** We have conducted courses in a variety of settings and locations. If you can't attend one of our scheduled courses or recertification sessions, we can come to your home or workplace to conduct the training. We bring everything we need, you just provide the floor and table space.