Do you know how to respond in an emergency?

THESE PROGRAMS WILL TEACH YOU HOW TO RESPOND WHEN CONFRONTED WITH AN EMERGENCY OR BLEEDING INJURY.

YOU ARE THE HELP UNTIL HELP ARRIVES

Life-threatening emergencies can happen fast and emergency responders aren't always nearby. This FEMA developed program will help you educate and empower yourself to act in an emergency situation and provide lifesaving care before professional help arrives.

Registration is required for each program.

Chester Library
Wednesday, Jan. 23
10:15 a.m.-12:15 p.m.

LaPrade Library
Monday, March 18
6:30-8:30 p.m.

Ettrick-Matoaca Library
Wednesday, May 8
10:15 a.m.-12:15 p.m.

North Courthouse Road Library
Tuesday, July 30
6:30-8:30 p.m.

Meadowdale Library
Wednesday, Sept. 18
10:15 a.m.-12:15 p.m.

Central Library
Tuesday, Nov. 5
6:30-8: 30 p.m.

This program is being presented in partnership with:

STOP THE BLEED

We learn CPR for heart attacks, but would you know what to do for a bleeding injury? Uncontrolled bleeding can be life-threatening within minutes, so a quick response is critical. Learn proper bleeding control techniques that can save lives in an emergency.

Registration is required for each program.

Chester Library
Monday, Jan. 14
5:30-7:30 p.m.

LaPrade Library
Monday, April 8
5:30-7:30 p.m.

Ettrick-Matoaca Library
Monday, April 29
5:30-7:30 p.m.

North Courthouse Road Library
Tuesday, Aug. 6
5:30-7:30 p.m.

Meadowdale Library
Monday, Sept. 9
5:30-7:30 p.m.

Central Library
Wednesday, Nov. 20
5:30-7:30 p.m.

This program is being presented in partnership with:

Johnston-Willis Hospital
Trauma Center
HCA Va
AN HCA AFFILIATE / A CAMPUS OF CJW MEDICAL CENTER

Chippenham Hospital
Trauma Center
HCA Va
AN HCA AFFILIATE / A CAMPUS OF CJW MEDICAL CENTER

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