

Free First Aid Course*

Provide Emergency Care is a basic first aid workshop that gives you the skills to identify and provide assistance for some of the common medical situations you may come across. This course is ideal for the elderly or those not requiring the official certification for work. No assessment or exam necessary.

Health issues covered include;

- Heart Attack
- Stroke
- Falls
- Bleeding
- Burns

** Plus learn the basics
of CPR*



Where: Brewongle Community Room

82 Rothery st Bellambi

Date: Wednesday 8th November
2017

Time: 10am till 2:00pm

Morning tea, and lunch provided

*This course is free for Social Housing Tenants.

Tenants from HNSW, Illawarra Housing Trust & Aboriginal Housing are able to attend.

Please RSVP to Donna on **4256 4377** before **30th October 2017**.

Please also advise any special dietary requirements when booking