



FOR IMMEDIATE RELEASE

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CPR and FIRST AID CERTIFICATION COURSES

In the time it takes you to read this, Sudden Cardiac Arrest will have claimed the life of a family member, friend or co-worker. Good first aid training helps you recognize and treat life-threatening conditions. First aid training may help you decide when to go to the emergency department. When combined, CPR and First Aid training may just save your life, or the life of someone you know.

First Aid is just that... ***FIRST!***

The Tustin Community Foundation and Doctor's Ambulance are pleased to offer two vital and life saving courses to the community. Citizens and leaders of our community, business owners, employees, students, parents and children, are urged to come and learn both CPR and FIRST AID techniques and become certified.

May 7 & Sept 10, 2011

9:00 a.m. — 12:00 p.m. CPR
1:00 p.m. — 4:00 p.m. FIRST AID

Clifton C. Miller Building
300 Centennial Way, Tustin

Both courses will be taught by a Certified American Heart Association Instructor provided by Doctor's Ambulance. Each instructor will work with the participant to complete their CPR and basic FIRST AID skills. Upon completion of the course the participant will be mailed an American Heart Association Heartsaver CPR and/or FIRST AID Course Completion Card/s which are valid for two years.

Proceeds from the donation of \$30.00 for one course, or \$50.00 for both courses, will be used to help fund grants awarded to the many non-profit organizations that TCF supports.

For reservations or questions, please contact the Tustin Community Foundation, (714) 393-8506. You may also visit www.tustincommunityfoundation.org to make a reservation.