

You could help save a life!

CPR and AED Class

Saturday, May 13 11:30 a.m. - Julian Hall
(\$40.00, pre-registration required)

As many of you know — and thanks to the hard work and generosity of many parishioners — St. Thomas of Canterbury is now the proud owner of an AED (Automated External Defibrillator). An interesting and informative article about AEDs by fellow parishioner Dr. Ed Rather, who spearheaded the procurement of St. Thomas' AED, appears in the April issue of Canterbury Tales.



Most likely you're already familiar with what an AED is: It's the portable device that delivers an electric shock through the chest to the heart to get it beating again after cardiac arrest. Cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly. If not treated within minutes, it quickly leads to death.

But how many of us know how to use an AED, or even perform basic CPR?

Knowing these techniques could save your child, grandchild, spouse, or best friend's life — and not just at St. Thomas. AEDs are becoming increasingly available in public facilities everywhere for use by anyone who knows how to use them. But they're useless if no one knows how to use them properly before the paramedics arrive.

You now have an opportunity to get trained in CPR and learn how to use this life saving device... at St. Thomas and anywhere such a device is available to the public.

WHEN: Saturday May 13, 11:30 a.m. Class lasts approximately 4.5 hours.

WHERE: St. Thomas Episcopal Church, Julian Hall

WHO: This event is being organized by fellow parishioner Beth Vega and is open to anyone. Professional training conducted by Marlene Aldana with CPR Fast N' Easy located in Temecula.

COST: \$40.00 per person. However, if we get more than 10 people to attend that price drops down to \$30.00 per person.

BENEFITS:

- You'll know how to perform CPR on adults, children & infants.
- You'll know how to use virtually any public-use AED, including St. Thomas'.
- You'll receive the American Heart Association "HeartSaver" certification good for 2 years.

HOW TO REGISTER:

- There will be a sign-up sheet in the narthex.
- Beth Vega will email you a link to the website that allows you to pay for your class and submit the info you wish to have on your CPR card.
- Please wear comfortable clothes. You will be down on the ground for parts of the class to demonstrate and practice CPR on a mannequin.
- If you have any questions please don't hesitate to contact Beth at 661-334-0631 or email beth_hpkins@yahoo.com.