



# Colchester Fire & EMS 52 Old Hartford Rd

*Presents*

# Community CPR & Stop the Bleed



Do you know what to do if a family member collapses in front of you?

Do you know how to relieve choking?

Do you know how to use an AED?



**FREE!!**

If the answer to any of these questions is “no,” join members of **Colchester Fire & EMS** at **Fire Headquarters** located at **52 Old Hartford Rd** as they instruct the American Heart Association’s **Family and Friends** CPR Course.

**Family and Friends CPR:** This video-based course teaches CPR and relief of choking in adults, children and infants. Use of an AED (Automated External Defibrillator) is also included in the training, and participants receive a student manual for ongoing reference. Family and Friends CPR is designed for members of the general public who would like to learn basic CPR, including families with children or elderly relatives, community groups, and those who do not need a course completion card.



## 2025 Available Dates:

- **Monday, March 10, 2025 230pm-5pm**
- **Monday, April 28, 2025 630pm-9pm**
- **Friday, August 22, 2025 10am-1230pm**
- **Wednesday, November 12, 2025 230pm-5pm**

If you would like to sign up for one of these upcoming classes, please contact Fire Headquarters at 860-537-2512 or [firedepartment@colchesterct.gov](mailto:firedepartment@colchesterct.gov)

**\*\*Colchester Residents only\*\***