

## **QPR – 3 simple steps to save a life!**

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, everyday citizens trained in QPR are saving lives

QPR is a national program from the QPR Institute that teaches participants how to recognize a suicide crisis and how to question, persuade and refer the person to get the help they desperately need. Class participants do not need any clinical education or training, and should be at least 14 years of age. The 2 hour class is offered at no cost and is limited to 30 people.

**Presented by Chester County's Suicide Prevention Task Force**

**In collaboration with**

**Downingtown Area Recreation Consortium**

**Wednesday, October 16 6:30 - 8:30 PM**

**Downingtown Municipal Building Annex, 4 West Lancaster Ave., Downingtown**

