



Lincoln Hills  
FOUNDATION

*Helping Seniors in the Lincoln Community*

## **2017 A COMMUNITY SERVICE PROJECT**

---

# **Cardiopulmonary Resuscitation (CPR) Automatic External Defibrillation (AED) and First Aid Training**

### **Courses to be offered:**

- ❖ **CPR,AED with certification and manual = \$10.00  
(without First Aid training)**
- ❖ **CPR,AED and First Aid training with a certificate  
and a manual = \$20.00**
- ❖ **CPR,AED and First Aid training without a certificate  
or a manual = \$10.00**

***All instruction is by a certified CPR instructor. Limited to 20 participants per class.***

Courses include training in CPR for adults, children, and infants; the use of the Automatic External Defibrillator (AED); and the Heimlich maneuver for choking. First Aid Training may be taken if desired.

### **Dates:**

Tuesday – February 14

Thursday – April 13

Tuesday – July 25

Thursday – September 7

Class seating will be based on the order in which your application is received. Because of the limited size of the classes, you may be offered an alternative choice.

---

The course fee for each participant is supplemented by the  
**Lincoln Hills Foundation.**

***Application Blank on the back of this page.***



# Lincoln Hills FOUNDATION

*Helping Seniors in the Lincoln Community*

## 2017 APPLICATION FORM

### Cardiopulmonary Resuscitation (CPR) Automatic External Defibrillation (AED) and First Aid Training

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

#### Courses offered: (Please check desired course)

- ❖ CPR/AED with certification and manual (without First Aid training) = \$10.00 \_\_\_\_\_
- ❖ CPR/AED, and First Aid training without a certificate and a manual = \$10.00 \_\_\_\_\_
- ❖ CPR/AED, and First Aid training with a certificate and a manual = \$20.00 \_\_\_\_\_

#### Class desired: (Please check 3 choices in the event a class is not available)

Tuesday, February 14 #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_      Thursday, April 13 #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

Tuesday, July 25 #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_      Thursday September 7 #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

CPR/AED with certification class: 9:00AM to approx. 11:30AM

CPR/AED/First Aid class: 9:00AM to approx. 1:00PM

All instruction is by a certified CPR instructor. Classes held at the Orchard Creek Lodge.

#### Limit of 20 participants per class.

These courses include training in CPR for adults, children, and infants; the use of the Automatic External Defibrillator (AED); and the Heimlich maneuver for choking. First Aid Training is offered as desired.

Comfortable clothing should be worn. There will be kneeling on the floor.

Please make checks payable to: "Lincoln Hills Foundation" Send to: Lincoln Hills Foundation, P.O. Box 220, Lincoln, CA 95648. For reservations and information call Joan Logue at 916-434-0749.

Class seating will be based on the order in which your application is received. Because of the limited size of the classes, you may be offered an alternative choice.

The course fee for each participant is supplemented by the Lincoln Hills Foundation as a community service.