

FREE

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Family First Aid

Interactive Zoom Sessions

for parents/carers

1 hour sessions covering
vital Emergency Skills

3 session times to choose from:
9:30 -10:30am, 11:30am -12:30pm
6 -7pm (8 - 9pm sessions now fully booked)

Tuesday 17 th November	Tuesday 24 th November	Tuesday 1 st December	Tuesday 8 th December
Choking Recovery position	Adult CPR Child CPR Baby CPR Using an AED	Head injuries Bleeding Shock Seizures Sepsis	Q&A Additional topics

Join us to learn these life-saving skills in a fun and interactive way, from the comfort of your own home!

For more information about this 4-week course, please email
EHCommunityHastingsStLeonards@eastsussex.gov.uk
stating which session timing you would like to attend...