

FREE

FREE

Family First Aid

Interactive Zoom Sessions

for parents/carers

1-hour sessions covering vital emergency skills

2 session times to choose from:
1-2pm or 8-9pm

Monday 1 st March	Monday 8 th March	Monday 15 th March	Monday 22 nd March
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, interactive way from the comfort of your own home

For more information about this free 4-week course, or to reserve your place, please email: EHFamilyCourses@eastsussex.gov.uk stating which session-time you would like to attend



tumbledown
training

First Aid for Life

www.tumbledowntraining.co.uk

