

### CPR TRAINING FOR PARENTS AND PARISHONERS

Sudden cardiac arrest strikes without symptom, and is a deadly killer in the U.S. More than 450,000 adults and 7,000 children annually are victims of SCA.

Have you considered what your plan would be if a co-worker, family member, or even a stranger collapsed in front of you? Do you even have a plan? Being prepared to save someone's life by performing cardiopulmonary resuscitation and early defibrillation of the heart is something we should all aspire to. Using an emergency defibrillator (AED) to shock a person's heart in ventricular fibrillation has proven to be very successful in saving lives. St. Monica has an AED in the entry way of the gym.

St. Monica School is offering certified CPR/AED training through the American Safety & Health Institute. The training will take place at 7 p.m. in the Franciscan Room on Monday, November 7 and at 9 a.m. on Monday, November 14. The session will take two hours, and upon successful completion, will certify you for two years. All educational materials and training aides will be provided. Please dress comfortably because you will be practicing on mats with manikins. The training will be conducted by Dave Rusch, St. Monica School parent and parishioner. The cost per person is \$20, and class size is limited to no more than 15 participants. To reserve a spot, contact Jenn Cofta in the school office or call Dave directly at (414) 418-7760.