



To save a life...Lay hands and give the breath of life

MOORE WELLNESS SOLUTIONS

CPR TRAINING

*Individual or group training. Group discounts available. Flexible scheduling.
Onsite/worksite training available. Convenient online options.*

Courses offered

*Tuition for in-classroom instruction **does not** include the required American Heart Association text, which is available for an additional fee. Online course tuition **includes** access to online text.*

BLS for Healthcare Providers (Approx 4-5 hours)

- Learn 1 and 2-rescuer adult, child, and infant BLS, with AED training. Adult, child, and infant choking reviewed. 2 year certification.
- \$75.00 per person. Textbook \$15.00.

Heartsaver CPR AED (Approx. 2-3 hours)

- Learn adult CPR with AED instruction
- Child/infant CPR instruction available (optional). 2 year certification.
- \$65.00 per person. Textbook \$15.00.

Heartsaver First Aid Classes (Approx. 3 hours)

- Learn basic & critical skills in responding to common injuries & emergencies
- This course **DOES NOT** include CPR/AED training. 2 year certification.
- \$60.00 per person. Textbook \$12.00

Heartsaver First Aid CPR AED (Approx. 5-6 hours)

- Learn basic first aid and CPR/AED skills. 2 year certification.
- \$95.00 per person. Textbook \$15.00

Contact **Dr. Lynnette Moore** at **757.641.2129** or www.moorewellness.weebly.com to schedule your class or for more information about group discounts and convenient, time-saving online options. The community program, *Family & Friends CPR* (a non-certification course), is an economical option also available for small or large groups. **Call Dr. Moore today...and learn to SAVE A LIFE!**