



Osher Lifelong Learning Institute—OLLI at UTMB Health
301 University Blvd., Galveston, TX 77555-0972

College Level Adult Curriculum Open to Those 55 and Over, Regardless of Previous Education

Sign Up TODAY for American Red Cross Adult/Pediatric-CPR/AED

OLLI Members: \$25 Non-OLLI Members: \$50



American Red Cross Adult and Child CPR training incorporates a variety of learning styles with hands-on practice and real-life scenarios. Participants in this training will receive Red Cross certification and will learn how to use an AED on a victim of sudden cardiac arrest. Take-away materials are designed for use both in the course and outside the classroom as reference tools. Combining lecture, video demonstrations and hands-on manikin training, this course teaches participants to: Call and work with EMS; perform CPR and care for breathing and cardiac emergencies in adults and children; know the role of automated external defibrillators (AEDs). If you wish to add American Red Cross First Aid certification, please specify that when you register.

Sessions are held each month at OLLI

Galveston Island Community Center, 4700 Broadway, Suite B101

OLLI members should phone today to register. Registration is on a first-come, first-served basis. Space is limited, so please phone today. 409.763.5604

Not an OLLI member? This is the perfect time to join. Membership is \$25 for the academic year. For current schedule phone or check www.utmb.edu\olli.



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**Sign Up TODAY for American Heart Association
Compression Only CPR Training
Only 30 minutes to learn and training is FREE!!**



Hands-Only™ CPR Can Save Lives.

Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene. As a bystander, don't be afraid. Your actions can only help.

When calling 911, you will be asked for your location. Be specific, especially if you're calling from a mobile phone as that is not associated with a fixed address. Answering the dispatcher's questions will not delay the arrival of help.

How to Give Hands-Only CPR

If you see a teen or adult suddenly collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Stayin' Alive." According to AHA, CPR can more than double a person's chances of survival, and "Stayin' Alive" has the right beat for Hands-Only CPR.

**AHA Compression Only CPR Training Sessions are held each month at
OLLI—Galveston Island Community Center, 4700 Broadway, Suite B101**

Community members should phone today to register. Registration is on a first-come, first-served basis and there is NO CHARGE. No certification is provided with this free training, but you leave the training with an important lifesaving skill. For current schedule phone 409.763.5604 or check www.utmb.edu\olli.