GET CERTIFIED

FIRST AID CERTIFIED

Prepare for the unexpected with first-aid training.Ensure family & co-worker safety by learning basic medical skills.

You'll learn to respond to common emergencies; cuts, burns, bleeding, allergic reactions, hypothermia and other bodily injuries until medical help arrives. Your skills learned will prepare for life's little surprises and could save lives!

Upon completion, you'll receive a digital certification, valid for 2 years, plus free access to digital learning online materials.

NEXT COURSE!
Thursday, March 6
8am - 11am (3 hours)

Onelife Fitness Brambleton Club
42365 Soave Drive • Brambleton, VA

REGISTRATION:
Deadline to register is March 4th.
$65 for Onelife Fitness Members and Employees. $75 for Non-Members.

You can find more details on the course at redcross.org or contact our Brambleton Aquatics Director Margaret Tuohy at mtuohy@onelifefitness.com.

American Red Cross

sport&health
sportandhealth.com