

COASTAL CPR & FIRST AID, LLC

Personal and Practical CPR & First Aid Instruction.

CPR for New & Expecting Parents

Are you expecting or have a young infant at home? Would you like to take a CPR or First Aid class, but aren't comfortable finding or leaving your infant with a sitter?

CPR for New & Expecting Parents is a CPR for Family & Friends class that is tailored for new and expecting parents and caregivers. Accommodations are made in the class for expecting parents to make learning a life-saving skill a comfortable experience. Parents and caregivers of young infants can bring them along to the class. Breaks are taken as needed for nursing mothers, diaper changes and tending to the needs of our children. Course includes infant, child & adult CPR, using an AED, relief of choking for infants, children & adults, and several first aid topics. This program does not lead to CPR or First Aid certification, but is designed specifically for new parents to be prepared for what to do in an emergency.

Course charge \$35 per person / \$55 per couple

Thursday January 26 6:30-8:30pm
Thursday February 16 6:30-8:30pm
Thursday March 22 6:30-8:30pm

ChildLight Yoga
453 Central Ave
Dover, NH 03820



REGISTRATION & INFORMATION

Call: 603/834-3177 or Email: info@coastalcpr.com

WWW.COASTALCPR.COM