



**American
Red Cross**

Cape Cod and Islands Chapter

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Media Alert **MEDIA ALERT**

American Red Cross organizes Adult CPR/AED and First Aid Class on Martha's Vineyard on January 9, 2010

Hyannis, Mass, December 22, 2009 - The American Red Cross, Cape Cod and Islands Chapter will be holding an Adult CPR/AED and First Aid class January 9, 2010 at the YMCA on Martha's Vineyard at 57 Pequot Ave., Oaks Bluffs. The class will be held from 8:30 am – 3:30 pm and costs \$50 for CPR/AED only or \$60 for CPR/AED and First Aid.

The Adult CPR/AED class will be held from 8:30 a.m. to 12:30 p.m. and covers rescue breathing, first aid for choking, recognizing a heart attack, and Adult CPR and AED knowledge as well as skills necessary to recognize and care for injuries and sudden illness. CPR/AED certification is valid for one year. The First Aid class will follow from 1 p.m. to 3:30 p.m. with certification valid for three years. Students will receive training manuals and certification cards.

As an alternative, a new blended learning option is available, consisting of 2 hours of online-training and 2 hours of class training and certification testing. Enrollment for all classes is available on-line at www.cciredcross.org or by calling toll-free (508) 775-1540.

Schedules and sign up are available on the web site: www.cciredcross.org or can be obtained by calling toll-free (508) 775-1540.

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