

CPR & First Aid Course List

<u>Course</u>	<u>Audience</u>	<u>Approximate Length</u>	<u>Costs*†</u>
Heartsaver CPR (Adult/child/infant CPR and AED)	Recommended for daycare providers, scout leaders, parents and lay rescuers	2 ½ hours	Course fee: \$350 (Add \$20 for each attendee over 8) Course includes book for each attendee
Heartsaver Pediatric CPR & First Aid	Recommended for daycare providers, scout leaders, parents and lay rescuers	5 hours	Course fee: \$550 (Add \$20 for each attendee over 8) Course includes book for each attendee
BLS (CPR for advanced level providers)	Recommended for healthcare providers, lifeguards, EMS	3 hours	Course fee: \$300 (Add \$5 for each attendee over 8) Optional book available for \$15 each.
First Aid	Recommended for daycare providers, scout leaders, lifeguards, parents and lay rescuers	2 1/2 hours	Course fee: \$350 (Add \$20 for each attendee over 8) Course includes book for each attendee
Bloodborne Pathogens	As required by OSHA	1 hour	Course fee: \$100 Additional fee for optional materials

** All materials fees are determined by the manufacturer and are subject to change. Some materials are optional (inquire with us when booking). Sales tax and shipping fees added to all AHA materials.*

Health & Wellness Programs

Stress Management for Life

Nutrition for Everyone

Family Nutrition for Parents

Healthy Shopping: Understanding Nutrition Labels

Tobacco Cessation Primer

Recognizing Emergencies

Preventing Stroke & Heart Disease

Incorporating Fitness into Life/Work

Ergonomics in the Workplace

How to Live Toxic Free

Personal Health

Courses offered can be customized. Course fees start at \$150.

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Workplace Development Courses

Course	Length	Target Audience
Managing Your Time & Productivity	2 hours	All staff; management
Motivating Employees	2 hours	Management
Dealing with Difficult People	1 hour	All staff
FISH! Philosophy	3 hours	All staff
FISH! Sticks	3 hours	All Staff
Improving Communication Skills	2 hours	All staff
Write it Right!	3 hours	All staff
Mastering Email	2 hours	All staff
Communication Challenges	3 hours	All staff

Courses offered can be customized. Course fees start at \$200.

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