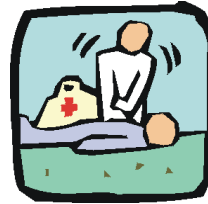


Do You Know What to Do in a Medical Emergency?

Over 7,000,000 adults and children require CPR each year from injuries such as electric shock, heart attack, stroke, drowning, allergic reactions, and choking. Over 70 percent of all cardiac and breathing emergencies occur in the home when a family member is present and available to help a victim.

Take a CPR class and learn to save a life.



Location: Ridgewood Clubhouse

Date: Saturday, June 26, 9-11 am OR Wednesday, June 30, 7-9 pm

Instructors: American Heart Association

Age Requirements: 12 and up (adult must attend with 14 and under)

Cost: \$25 per person (\$15 class fee, \$10 contribution to purchase of AED – see below)

An Automated External Defibrillator, AED, restores the heart's rhythm after sudden cardiac arrest. The Ridgewood Riptide swim team, lifeguards, and staff are coordinating a fundraising effort to buy an AED for the Ridgewood community. The AED costs approximately \$1200. Any additional donations are appreciated.



Registration Form

Name: _____ Age: ____ Name: _____ Age: ____

Name: _____ Age: ____ Name: _____ Age: ____

Phone: _____ Email: _____

Session attending (please check one): ____ Saturday, June 26, 9 – 11 am ____ Wednesday, June 30, 7 – 9 pm

Total price:

____ (total registrations) x \$25 = \$ _____ + \$ _____ (any additional donation) = \$ _____

Make checks payable to the Ridgewood Riptide swim team.

** Turn in to the Ridgewood office or at the registration session held this Saturday, June 19, from 9-10:30 am. Pre-registration required. For additional information, contact Aleis Murphy at amm@nwhomepage.com or by phone at (336)643-8648.