

Join us to learn how to recognize various symptoms in an emergency and what you can do to help while waiting for the paramedic's arrival.

FEBRUARY 17, 2020 • 4:00-6:00 PM

- Plus learn tips on how to be better prepared in case of an emergency
- Will cover: Angina, Heart Attack, Stroke, Choking and Obstruction, and Seizures
- High Blood Pressure- know the symptoms and what to do especially during hot days.
- Quick review of CPR, and how the Automated External Defibrillator works, and where to locate various AEDs on property.

This event is complimentary, advanced registration is necessary to ensure plenty of seating. Guests are welcome. Please make reservations by Feb. 15 with Member Services: (760) 423-1512 or reception@eldoradocc.org.