



**Standard First Aid and CPR  
Full Course and Recerts**

**Vanastra Rec Centre**

**+ 519-482-3544**  
**Oct. 4, 11, 18**  
**OR April 11, 18, 25**

**\$140 Full Course (Re-cert \$55)**  
**Incl. manual, first aid kit & certificate**

Learn comprehensive CPR skills, for Adult, Child and Infant, how to use an automatic external defibrillator, recognition and treatment of musculoskeletal injuries, soft tissues injuries, burns, head/spinal injuries, heat and cold emergencies, poisoning and medical conditions such as diabetic, asthma, allergies. Meets required standards for WSIB.

**SEAFORTH ANIMAL HOSPITAL**

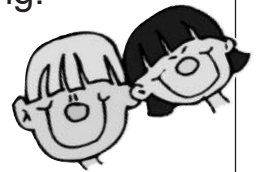


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80205 North Line, Seaforth ON - [www.seaforthvet.com](http://www.seaforthvet.com)

**BABYSITTING  
COURSE**

This course covers the responsibilities of a babysitter; safety tips for children of all ages, basic child care skills, what to do in case of an emergency, as well as games and other ideas for having fun with children while babysitting.

**Nov. 4, Mar. 13**  
**in Vanastra Rec**  
**Centre from 9 am - 4 pm**



**\$52 advance \$66 late.**  
**Incl. manual, materials, & lunch**



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