



Hunger Free Lenawee

*Leveraging the power of Collective Impact to
fight hunger by efficiently utilizing all the resources
available in Lenawee County*

March 26, 2024

Hello HFL,

We're excited to share that we're exploring the possibility of offering a CPR (Cardiopulmonary Resuscitation) class within our coalition and would love to hear your thoughts on potential participation.

Here are the options we're considering:

In-Person CPR Certification Class: Cost - \$50.00 per individual. This 4-5 hour class covers CPR techniques for adults, children, and infants, along with instruction on relieving airway obstructions or choking. It also includes training on adult AED usage and basic first aid.

Heartsaver Class: Cost - \$20 per person. This course provides instruction in basic first aid, medical emergencies, adult AED usage, and CPR techniques. Successful completion results in a two-year certification, making it ideal for individuals without medical backgrounds who need a course completion card for work or for anyone looking to be prepared in an emergency.

Friends and Family CPR: Cost - \$3-5 per person. This comprehensive class covers adult Hands-Only CPR, adult and child CPR with breaths, child CPR, infant CPR, and techniques for handling mild and severe airway blockages in adults, children, and infants.

Hands-Only Class: Cost - Free. This class focuses on AED usage and instruction in compression-only CPR techniques.

We warmly invite you to indicate your interest in attending the CPR class by responding to this message or by expressing your preference at our upcoming meeting. Your feedback will play a crucial role in finalizing the class schedule and format to ensure it aligns with the preferences of our members.

Thank you for considering this opportunity, and we eagerly anticipate your participation in our CPR training initiative.

Warm regards,

Vickie Pfeifer and Brooke Habay

Next meeting: March 5, 2024 at the Daily Bread