



Get a stamp in your passport by participating in any of these training/workshop choices and be one step closer to being *heart smart and closer to being eligible for the prize drawing.....*

Trainings/Workshops Schedule

A Quick Presentation on CPR & First Aid offered by the American Red Cross

The American Red Cross in partnership with Renton Heart Month offers a one-hour CPR/AED AWARENESS COURSE. This free 60 minute uncertified class introduces participants to CPR, First Aid and the knowledge needed to respond to emergencies before advanced medical care arrives. To register call 425-430-6700 or online at www.cybersignup.org.

Course #46777	February 5, 2010	9:30 to 10:30 a.m.	Renton Community Center 1715 SE Maple Valley Highway, Renton, WA 98057-3900
Course #46778	February 10, 2010	7:00 to 8:00 p.m.	Renton Community Center 1715 SE Maple Valley Highway, Renton, WA 98057-3900
Course #46779	February 18, 2010	2:30 to 3:30 p.m.	Renton Community Center 1715 SE Maple Valley Highway, Renton, WA 98057-3900
Course #46780	February 20, 2010	9:30 to 10:30 a.m.	Renton Community Center 1715 SE Maple Valley Highway, Renton, WA 98057-3900

More Quick Presentations on CPR & First Aid offered by American Red Cross, to register for these classes call the numbers listed for each location.

February 2, 2010	2:00 to 4:00 p.m. - Ukrainian Community Center (some translation provided)	221 Hardie Avenue Northwest Renton, WA 98057-5325 425 430-8229
February 8, 2010	10:00 a.m. to noon – Somali Youth and Family Club (some translation provided)	13445 Martin Luther King Jr. Way S. Seattle, WA 98178 206 772-0892
February 13, 2010	1:30 to 2:30 p.m. – Renton Fire Station 13	18002 108 th Avenue SE Renton 98058 425-430-7000

Valley Medical Center - Golden Care to provide seminars for seniors

This is an opportunity to learn more about CPR, stroke awareness and the use of an AED.

February 16, 2010 8:00 a.m. – noon (seminars repeat every hour).
For more information call 425-656-4636

VMC – Medical Arts Center
400 South 43rd Street, Renton,
WA 98055 - Suite 470 on the VMC
campus near the North parking garage.

Renton Fire & Emergency Services offers CPR classes

This class is **not** appropriate for those who need a healthcare-level CPR. This course **does** provide a course completion card. Please call 425-430-7000 to register.

All classes are held at Fire Station 14 - located at 1900 Lind Avenue SW - Renton, WA 98057

February 9, 2010 7:00 – 10:00 p.m.
February 20, 2010 9:00 a.m. – noon
February 23, 2010 7:00 – 10:00 p.m.

LA Fitness in Renton offers a free 3 consecutive day workout!

Come experience firsthand how exercise can improve your heart health.

Offer runs through the month of February. All guests must be 18 or older with a valid ID or 14 years of age and accompanied by a parent or legal guardian.

Guest check-in is 8:00 a.m. to 8:00 p.m. Monday – Sunday

715 North Landing Way
Renton, WA 98057
425 277-5350