

The Groves Campus
7107 Elm Valley Drive
PO Box 4070
Kalamazoo, MI 49003-4070
269.353.1253
www.kvcc.edu/mtcc

Texas Township Campus
6767 West O Avenue
PO Box 4070
Kalamazoo, MI 49003-4070
269.488.4400

Arcadia Commons Campus
202 North Rose Street
PO Box 4070
Kalamazoo, MI 49003-4070
269.373.7800

Kalamazoo Valley Museum
230 North Rose Street
PO Box 4070
Kalamazoo, MI 49003-4070
269.373.7990



News Release
February 10, 2017

Media Contact:
Craig Jbara
Vice President Strategic Business and Community Development
cjbara@kvcc.edu or 269.353.1263

Be Prepared: Become CPR Certified at Kalamazoo Valley's Groves Center

Important life-saving training is coming to Kalamazoo Valley Community College's Groves Center. The American Heart Association Heart Saver First Aid/CPR/AED program will be held March 8 from 8 a.m. – 12 p.m. and is open to the public. The cost is \$85 per person and includes food service and training materials.

This program addresses the basics of first aid, and how they can be applied both within the workplace and in everyday life.

Topics covered include: the proper use of cardiopulmonary resuscitation (CPR) and defibrillation, and the appropriate ways to handle medical emergencies, including burns, cuts, choking, and environmental emergencies related to extreme temperatures.

Upon completion of this program, participants will be able to:

- Assess medical situations and determine if first aid is necessary
- Describe the proper first aid techniques needed for medical emergencies
- Demonstrate when and how to administer CPR
- Describe when defibrillation would be necessary, and how it would be applied.

Instructor Tim O'Connor founded Heartbeat, LLC over twenty years ago. Since then, his organization has trained tens of thousands of individuals in American Heart Association CPR and First Aid. O'Connor is an American Heart Association certified BLS instructor, Firefighter, Emergency Medical Technician and a member of the Kentwood Professional Firefighters Union.

For more information contact Kate Miller at kmiller1@kvcc.edu or 269.353.1257.

To register, visit <https://kvcc.edu/trainingschedule>.