

Health & Wellness

MAY-AUGUST 2010

To register for all programs, visit wellness.borgess.com or call 269.226.8135. Classes are held at Borgess Health & Fitness Center unless otherwise noted.

Adult and Pediatric CPR and AED

A modular course that teaches adult, child and infant CPR, AED, relief of choking and safety. A credentialed AHA Heartsaver course approved by the Michigan Division of Child Day Care Licensing. Skills examination. Cost \$38.

5:30-9:15 p.m.
Th: June 10
W: July 15, August 11

Babysitting Basics (ages 11-15)

Become a certified babysitter and learn important information and skills you should have before you care for children. This class will include general safety, first aid, choking, and basic CPR for infants and children. This is an important class for novice or experienced babysitters. Cost \$35, BHFC member's children or grandchildren \$30.

Sa: 9 a.m.-Noon
June 12

Bariatric Active Living Class

Designed for bariatric patients, participants will learn and sample the techniques needed to continue the weight loss journey. Three or more attendees are required for this four-week class to take place. Cost \$32, BHFC member cost \$20.

1st-4th Tuesday of each month, 7-8 p.m., ongoing

Basic Life Support for Health Care Providers

This class teaches the fundamentals of adult and pediatric CPR, including two-rescuer scenarios, bag-valve mask techniques, foreign body airway obstruction, AED and special resuscitation situations. Students receive a credential card upon course completion. Cost \$48.

W: 5:30-9:30 p.m., May 5, June 2, July 7, Aug 4,
M: 5:30-9:30 p.m., Aug 23

First Aid With Adult/Pediatric CPR & AED

Covers core First Aid, CPR and AED skills, choking for adults, infants and children, as well as child safety. This is a credentialed AHA Heartsaver course, approved by the State of Michigan Division of Child Day Care Licensing and WMU teaching program. Written/skills examination. Cost \$65.

Sa: 9 a.m.-3:30 p.m.,
May 15, June 19, July 17, August 7

BORGESS HEALTH

