



American  
Red Cross

# Be Red Cross Ready

Saturday, April 3, 2010 - 6:00pm - 9:30pm

**Yoga at the Village** in association  
with the **American Red Cross** presents an opportunity  
to become Adult CPR Certified

**T**his three and one-half hour course content includes recognizing and caring for breathing and cardiac emergencies for adults, and heart disease prevention. Upon successful completion of the course requirements, students will receive an Adult CPR certificate.

Wear comfortable clothing to the class, since you will be working on the floor. Please arrive 10 minutes before the start of the class. Late arrivals will not be admitted.

Keep the certification card you receive in a safe place. There is a fee for replacement cards (currently \$8 per card and \$10 for rush orders).

**Date:** Saturday, April 3, 2010

**Time:** 6:00pm - 9:30pm

**Where:** Yoga at the Village, 1306 Sonora Ave., Glendale, CA 91201  
[www.yogaatthevillage.com](http://www.yogaatthevillage.com)

**Fee:** \$35. Cash or checks payable to: The American Red Cross

Register **BEFORE** Wednesday, March 31, so that your certification card\* can be ready for you that evening. Call or email to reserve your space. 818.265.9833, [info@yogaatthevillage.com](mailto:info@yogaatthevillage.com))

\*Keep the certification card you receive in a safe place. The **Red Cross** charges a fee for replacement cards (currently \$8 per card and \$10 for rush orders).

\*\* *Children/Teens are welcome to become certified providing that they are mature enough to completely understand the content and subject matter.*



American  
Red Cross