



MEDIA RELEASE

Greater La Crosse Area Medical Reserve Corps offers free first aid and hands-only CPR/AED training



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September is annually recognized as National Preparedness Month and this year's theme is "Preparedness Starts at Home". Each year this campaign reminds people to take four key actions to prepare for any disaster they may face:



- Know the different types of emergencies that could happen and appropriate responses to stay safe.
- Make a family emergency plan.
- Build an emergency supply kit.
- Get involved in your community by taking action to prepare for emergencies.

Regionally, the Greater La Crosse Area Medical Reserve Corps (MRC) is inviting individuals and organizations to build community resilience. Free American Heart Association First Aid classes and hands-only CPR and AED instruction are scheduled in La Crosse County during September and October (see attached flyer).

According to the [Centers for Disease Control and Prevention](#), heart disease remains the leading cause of death. Cardiac arrest is the sudden, unexpected loss of heart function, breathing and consciousness. This medical emergency needs immediate CPR and use of a defibrillator. Learning to recognize cardiac arrest, and initiating the ["chain of survival"](#) can improve chances of survival and recovery for victims of cardiac arrest.

Join us to learn the simple steps to provide hands-only CPR and using an AED. Chest compressions manually pump oxygen-rich blood to the brain and vital organs. Your immediate action can help save lives, prevent brain damage, and buy critical time until professional responders arrive.

The Medical Reserve Corps is a national volunteer network of allied health professionals and other community members trained to assist in emergency response efforts, as well as provide outreach and education efforts to promote community health and safety.

Hands Only CPR & AED and First Aid Training

Greater La Crosse Area Medical Reserve Corps in partnership with La Crosse County Health Department will offer Hands Only CPR/AED Training and First Aid Education

Learn Life-Saving Skills and Strengthen our Communities

TRAINING DATES:

Hands Only CPR & AED

- **September 23 from 1:00-2:00 PM**
La Crosse County Health & Human Services Auditorium
- **September 24 from 6:00-7:00 PM**
La Crosse County Health & Human Services Auditorium
- **September 29 from 6:30-7:30 PM**
Hazel Brown Leicht Memorial Library in West Salem
- **October 1 from 6:30-7:30 PM**
Holmen Public Library

First Aid Training

- **October 8 from 3:00-6:00 PM**
La Crosse County Health & Human Services Auditorium
- **October 15 from 6:00-9:00 PM**
Holmen Public Library

REGISTER NOW:

- Email healthweb@lacrossecounty.org or
- Register online: [Hands Only CPR & AED Signup](#)
[First Aid Training Signup](#)



Greater La Crosse Area Medical Reserve Corps
Crawford County La Crosse County Monroe County Vernon County



LA CROSSE COUNTY
Health Department
Nationally Accredited

