



THOMAS CO HEALTH DEPT

# BASIC FIRST AID **AND CPR** TRAINING

## ***TRAINING INCLUDES:***

- ✓ CPR (Cardiopulmonary Resuscitation)
- ✓ Basic First Aid and Bleeding Control
- ✓ Choking Relief
- ✓ **FREE** Heartsaver CPR Certificate Card



**ANYONE WELCOME (14 YRS & OLDER; PLEASE BRING SACK LUNCH):**

**SATURDAY, AUGUST 16, 2025 | 9:00 AM | THOMAS  
CO OFFICE COMPLEX CONFERENCE ROOM, COLBY**

**SATURDAY, OCTOBER 25, 2025 | 9:00 AM | THOMAS  
CO OFFICE COMPLEX CONFERENCE ROOM, COLBY**

## ***CONTACT US:***



(785) 460-4596



[www.thomascohealth.com](http://www.thomascohealth.com)

For large groups, businesses, or individuals needing BLS  
Certification, please contact our office. Class size limitations.

Scan QR Code  
to Sign-Up:



Updated 7.16.25