





# PROTECT & RESPOND: CPR & CHOKING SKILLS FOR PARENTS AND CAREGIVERS



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HSA / FSA funds eligible\*



## Want to feel ready if your baby or child has an emergency?

Hands-on CPR and choking instruction for infants and children — guided, supportive, no testing or certification. Take-home eBook included.

**2026 Dates & Locations | 6:00 – 7:30 pm**

**Corvallis (Corvallis Birth Center): MAR 25 • JUN 24 • SEP 23**

**Lebanon (Soul to Soul Yoga Studio): APR 10 • JUN 12 • AUG 14 • OCT 9 • DEC 11**

## What You'll Learn:

- Infant & child CPR skills
- Choking response techniques
- Hands-on practice with instructor feedback
- Tips to reinforce learning at home

**Investment: \$30 per person | HSA/FSA eligible**

**Ideal for parents, caregivers, grandparents, and family supporting young children.**