

CPR and First Aid Class Offers Training and Completion Card

Sunday, October 23, at the Andover Hub

Larry Chase
Andover Community Hub

A coming three-hour class at the Andover Community Hub, taught by experienced local certified athletic trainer and emergency medical responder Kelly Griffin-Brown, is designed to help local residents respond effectively and efficiently to both life-threatening emergencies and the first-aid needs of others.

The class will begin at 1:30 PM on Sunday, October 23, at Andover's old town hall, now the Hub headquarters, at 157 Main Street in Andover Village. Cost is \$25 per participant and can be paid at the door. In addition to the training, the cost will cover take-away course materials provided by the American Heart Association, and a Heartsaver Course Completion Card, also supplied by the Heart Association, valid for two years.

The class will be divided into two 90-minute segments: the first, beginning at 1:30 PM, will focus on CPR (cardiopulmonary resuscitation, also

known as closed-chest heart massage) and AED (automated external defibrillation). The second segment, beginning at 3:15 PM, will cover more general first-aid information, along with hands-on skill instruction for each type of



Under the watchful eye of the photographer (her mother), five-year-old Mabel Griffin-Brown practices CPR on a baby mannequin.

first-aid emergency. The \$25 cost will cover one or both segments.

Because of the need for closely supervised training, much of it with the use of CPR feedback-supported man-

See CPR on page 5

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PLEASE NO UPHOLSTERED FURNITURE, TIRES, WINDOWS, DOORS, ELECTRONICS, or PORCELAIN FIXTURES!

The Swap Shop will be open on **Saturday, October 8** from 8 AM to noon and welcomes (before noon) reusable items in working condition like toys, clothing, books, bicycles, and kitchen-ware. Please, **no upholstered furniture, tires, windows, doors, electronics, or porcelain fixtures.**

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