



# St. John Ambulance

**SAVING LIVES**  
at work, home and play

**St. John Ambulance**  
**Emergency First Aid with CPR Level C Course**

February is Heart Month and to bring awareness the Athletics and Recreation Office is offering a Emergency First Aid with CPR Level C course.

**Saturday, February 11 from 9am - 5:00pm.**

**Fee: \$55.00 per person.**

**Save a life...get First Aid Certified.**  
**Register today at the Mount Fitness Centre, 457-6420**