

# CPR & First Aid Course List

<u>Course</u>	<u>Audience</u>	<u>Approximate Length</u>	<u>Costs*†</u>
<b>Heartsaver CPR</b> (Adult/child/infant CPR and AED)	Recommended for daycare providers, scout leaders, parents and lay rescuers	2 ½ hours	Course fee: \$350 (Add \$20 for each attendee over 8)  Course includes book for each attendee
<b>Heartsaver Pediatric CPR &amp; First Aid</b>	Recommended for daycare providers, scout leaders, parents and lay rescuers	5 hours	Course fee: \$550 (Add \$20 for each attendee over 8)  Course includes book for each attendee
<b>BLS</b> (CPR for advanced level providers)	Recommended for healthcare providers, lifeguards, EMS	3 hours	Course fee: \$300 (Add \$5 for each attendee over 8)  Optional book available for \$15 each.
<b>First Aid</b>	Recommended for daycare providers, scout leaders, lifeguards, parents and lay rescuers	2 1/2 hours	Course fee: \$350 (Add \$20 for each attendee over 8)  Course includes book for each attendee
<b>Bloodborne Pathogens</b>	As required by OSHA	1 hour	Course fee: \$100  Additional fee for optional materials

\* All materials fees are determined by the manufacturer and are subject to change. Some materials are optional (inquire with us when booking). Sales tax and shipping fees added to all AHA materials.

# Health & Wellness Programs

**Stress Management for Life**

**Nutrition for Everyone**

**Family Nutrition for Parents**

**Healthy Shopping: Understanding Nutrition Labels**

**Tobacco Cessation Primer**

**Recognizing Emergencies**

**Preventing Stroke & Heart Disease**

**Incorporating Fitness into Life/Work**

**Ergonomics in the Workplace**

**How to Live Toxic Free**

**Personal Health**

*Courses offered can be customized. Course fees start at \$150.*

Erin Sinisgalli, Instructor  
(518) 330-4412 [www.NortheastWellnessConsulting.com](http://www.NortheastWellnessConsulting.com)