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**ARE YOU PREPARED TO GIVE THE GIFT OF LIFE?
NORTH METRO WANTS YOU TO LEARN CPR**

Northglenn/Broomfield, CO—With heart disease as the leading killer of Americans today, North Metro Fire Rescue wants to help train the general public and medical service providers in the community in cardiopulmonary resuscitation (CPR). Properly administering CPR within the first 5 minutes of a cardiac arrest provides a 50% chance of saving the victim's life.

If someone you know needed help, would you know what to do? Become the first link in the chain of survival—learn CPR. North Metro Fire Rescue teaches the Heartsaver CPR/AED course for general citizens and the Healthcare Provider Course for medical professionals that includes hands-on, bag-valve mask procedure, mouth to mask procedure, Automatic External Defibrillator use, and infant, child and adult CPR.

Classes are four-hours long, beginning at 9 a.m. and ending at approximately 1 p.m. Each class costs \$30 per person and includes a course book and class participation card. The certification cards are valid for 2 years after successful completion of the

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course and 25 question exam. **For more information or to sign up for a class, please call North Metro Headquarters at (303) 452-9910.** Each class only holds up to 12 people, so register early—registration closes the Wednesday prior to each class!

Classes are held on either the fourth or third Saturday of the month, excluding the months of November and December. These classes are held at the North Metro Fire Rescue Headquarters building located at 10550 Huron Street. The 2010 CPR class schedule offered by North Metro Fire Rescue includes:

- January 16, 2010 (BLS for Healthcare Providers)
- February 20, 2010 (Heartsaver CPR/AED)
- March 20, 2010 (Heartsaver CPR/AED)
- April 17, 2010 (BLS for Healthcare Providers)
- May 15, 2010 (Heartsaver CPR/AED)
- June 19, 2010 (Heartsaver CPR/AED)
- July 17, 2010 (BLS for Healthcare Providers)
- August 21, 2010 (Heartsaver CPR/AED)
- September 18, 2010 (Heartsaver CPR/AED)
- October 16, 2010 (BLS for Healthcare Providers)

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About North Metro Fire Rescue District

North Metro Fire Rescue is dedicated to your quality care. North Metro Fire Rescue provides fire protection, emergency medical services, hazardous materials response and rescue services to our community. Formed in 1946, the district now covers 63 square miles with a population of approximately 103,000 people including the City and County of Broomfield, the City of Northglenn and unincorporated areas of Boulder, Adams and Jefferson Counties.