

COULD YOU SAVE A LIFE?

FEBRUARY IS AMERICAN HEART MONTH

A young man from our Parish suffered a major heart attack while playing racquetball two weeks prior to Christmas. It is with God's grace that he was playing with a group of men, coaches of our Parish Athletics that jumped into action and was able to get his heart started on the court! Many of our coaches have been certified in basic first aid, CPR and AED and we would like to make sure that the new coaches and any parishioners interested have the same opportunity to be prepared just as these men were.

St. Alexander Athletics, in conjunction with Chris Smith of the Orland Park Fire Protection District will be offering three classes for certification in 1st Aid, CPR and the use of an AED. The Heartsaver/CPR certification is good for 2 years and only costs each person \$3, the amount Chris pays for each card.

The classes will be held at the Orland Park Firehouse, 15101 South Wolf Road (kiddie corner from St. Francis Church). Park in rear of building and enter door labeled Training Academy.

Class Dates & Times:

Thursday, February 2nd: 7:00-10:00pm

Tuesday, February 7th: 7:00-10:00pm

Thursday, February 9th: 7:00-10:00pm

You must pre-register for all classes by calling or emailing Cathy Sullivan, 708-361-2626 or stalsad@aol.com All classes are limited to 20 people and classes will be filled on a 1st come, 1st serve basis.

Please do not waste an opportunity such as this to perhaps save a person with this life-giving class. Register today and be prepared to help save a life!