



FREE CPR & FIRST AID

February 7th - 1 PM to 4 PM

Learn lifesaving skills from the Los Angeles Fire Department

LAFD Operations Valley Bureau & Battalion 10 invite the community to a **FREE** CPR and Basic First Aid training designed for everyday emergencies at home, work, or in public.

Date: Saturday, February 7, 2026

Time: 1:00 PM – 4:00 PM

(Training lasts approximately 2.5–3 hours)

Location: Sherman Oaks / East Valley Adult Center
– Auditorium

5056 Van Nuys Blvd, Sherman Oaks, CA

COST

Class: **FREE**

Optional American Heart Association CPR
Certification Card \$30
– Valid for 2 years (Normally \$150)

WHO CAN ATTEND

- Open to the public
- Space is limited to 100 participants
- Pre-registration recommended

TRAINING INCLUDES

- ✓ Adult, Child & Infant CPR
- ✓ Choking Response
- ✓ Basic First Aid
- ✓ Hands-on instruction by Los Angeles Fire Department personnel and CERT

For more Information / contact:

CERT Valley Bureau Coordinator – Christy Adair – lafdcertvalley@gmail.com or
LAFD Battalion 10 – BC Barna – Robert.Barna@lacity.org

RSVP on EVENTBRIGHT: <https://RegisterFREE-CPR-Feb7th.eventbrite.com>