



Free Adult and Child CPR Class

The Bedford Police and Fire Departments will host an Adult and Child CPR class at the Bedford Police Department on January 25, 2011 from 6:30 PM until 9:30PM.

The classes are taught by certified instructors from the Bedford Police and Fire Departments. The courses are sanctioned by the American Heart Association and are intended to be familiarization classes. In other words, there is no certification per se; however students learn how to recognize the signs and symptoms of a heart attack and other life threatening episodes as well as comprehensive “hands on” skills that can be used in the event that the student witnesses a sudden cardiac arrest.

These classes are open to anyone that lives and works in Bedford and are free of charge. We encourage spouses, parents, babysitters, and anyone interested in learning a new skill.

There is some minor physical activity required to complete the course, such as kneeling on the floor and practicing skills learned in the class on manikins.

If you are interested in signing up for the class or require more information, please call Officer Kristen Dineen at 781-275-1212 or via email at kdineen@police.bedfordma.gov .