

WELLNESS EDUCATION

Educational Topics

Stress Reduction/Anger Management
/Anxiety Disorders

Nutrition topics vary from presentations on
weight loss, healthy eating tips or requested
special dietary needs

Proper hydration

Fitness tips

Stroke Prevention

Heart Health

Tobacco Prevention

Smoking Cessation Classes

Diabetes Education

Heat Stroke Prevention

Preventative Screenings
(Proper screening for proper ages to prevent
health conditions or detect conditions early.
For more topics to go
www.stbernards.info/business.)

Safe Sitter Classes

Teaches young adolescents how to be safe
nurturing babysitters

One-day course

Young adolescents will learn business skills, safety for
the sitter, basic CPR, first aid and how to call
for emergency help

Classes available during the summer and upon request

Karla Davis
870-336-4909

American Heart Association CPR Classes

Heart Saver CPR/AED

Heart Saver First Aid with CPR and AED

Basic Life Support or CPR for Healthcare Providers

Advanced Cardiac Life Support (ACL)

Pediatric Advanced Life Support (PALS)

Online classes are available through:
www.onlineaha.org
Skills check off done after online class completion

Contact Tina Martin at (870) 207-4909 to register for
classroom courses

Class sizes are limited and a fee will apply depending
on the course needed