

“4” Life Training offered in 1 FREE Class

1. What to Expect When Dialing 911
2. Stop the Bleed
3. Narcan Administration
4. Hands-Only CPR



WHO: Any Community Member Willing To Learn How to Help

WHAT: “4” Life Training

WHERE: Perquimans County Library (514 S Church St, Hertford, NC 27944)

WHEN: Monday, August 15, 2022 at 10:30am and 2pm

Light Refreshments Provided

Sponsored by
The Perquimans County Library &
Perquimans County Emergency Services



2 STEPS TO SAVE A LIFE



Our hands can do so many things, the most important of which may be saving someone's life.

The power is in YOUR hands.