

# Do you know what to do in an emergency?

If not, come join our FREE 22-Hour Training Class.



## In an emergency, learn how to help yourself, your family, friends, and neighbors!

Examples of what you will learn:

- Make a disaster kit
- Perform light search & rescue
- Help someone emotionally upset
- Use a fire extinguisher
- Perform basic first aid
- Work as a team in an emergency

Monday Class Dates (with one Saturday)	Time	Place
September 9, 16, 23, 30 October 7, 14, 21, 28 November 4	All Monday Classes 6:30 PM - 9:30 PM	Henley Fire-Rescue Training Center 2485 Old Courthouse Road Goochland, VA 23063
Saturday, November 16	One Saturday Exercise 9:00 AM – 1:00 PM	

\*Note: Participants must be 16 or older.

Hosted by Goochland Fire-Rescue, Emergency Services, and CERT

For more information or to register for the class, email

[GoochlandCERT@goochlandva.us](mailto:GoochlandCERT@goochlandva.us) or call 804-556-5366.