

## Community Education Class Schedule

Classes take place all year long at Children's Hospital Central California, 9300 Valley Children's Place, Madera. All classes are held in our Conference Center located on the Ground Level (G). Look at the Conference Center Calendar in the lobby for the room number of your class. If you or your child have special needs please let us know when registering for any class.

**For more information call Clinical Education and Informatics at (559) 353-5902,**

**or by e-mail to [education@childrenscentralcal.org](mailto:education@childrenscentralcal.org).** CPR classes follow the American Heart Association Guidelines.

### Asthma Basics

Open to families or other caregivers and patients old enough to understand about management of asthma. This class provides information about controlling asthma; proper use of medications; peak flow meters; MDIs and spacers; recognizing early warning signs of asthma; environmental control and what triggers an asthma attack. This class is not recommended for children under the age of eight.

**Date/Time: Tuesdays from 1 p.m. to 2 p.m.**

January ..... 3, 10, 17, 24, 31  
February ..... 7, 14, 21, 28  
March ..... 6, 13, 20, 27  
April ..... 3, 10, 17, 24  
May ..... 1, 8, 15, 22, 29  
June ..... 5, 12, 19, 26  
July ..... 3, 10, 17, 24, 31  
August ..... 7, 14, 21, 28  
September ... 4, 11, 18, 25  
October ..... 2, 9, 16, 23, 30  
November ... 6, 13, 20, 27  
December ... 4, 11, 18

**Fee: FREE**

#### Registration:

Call Children's Hospital Central California Clinical Education and Informatics at (559) 353-5902, or e-mail us with your name, phone number, and the name and date of the class for which you would like to register.

### Heartsaver AED / Heartsaver Pediatric First Aid

The Heartsaver AED Course teaches how to do CPR, use an AED (Automatic External Defibrillator) and how to help an adult or child who is choking. You will also learn how to do CPR and how to help an infant who is choking.

The Heartsaver Pediatric First Aid Course teaches how to prevent, identify and care for bleeding, sudden illness and injuries during the first few minutes of an emergency until professional help arrives. This program meets the state-mandated training requirements for daycare workers and aids, coaches, teachers and adoptive and foster parents. Completion certificate is valid for two years, no written test is required.

**Date/Time: One full Saturday, 8 a.m. to 5 p.m.**

February ..... 4, 18  
March ..... 10, 24  
April ..... 14, 28  
May ..... 12  
June ..... 2, 16  
July ..... 7, 21  
August ..... 4, 18  
September ... 15, 29  
October ..... 13, 27  
November .... 10

**Fee:** Please call Eagle Medical Services for current price.

**Registration:** Call Eagle Medical Services at (559) 275-9111.

### Super Sitter

Open to kids ages 11 to 18. This class is designed to help teens, who work with young children, to be safe while having fun by learning CPR, first aid and fire safety.

**Date/Time: June 23, 2012 - 8 a.m. to 5 p.m.**

**Fee:** Please call Eagle Medical Services for current price.

**Registration:** Call Eagle Medical Services at (559) 275-9111.

Please visit us at:



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