

# WILDERNESS FIRST AID

(A must for anyone who backpacks, canoes, kayaks, hunts, etc.)

## & ADULT CPR REFRESHER

**What: WFA: An American Red Cross sponsored course with additional information regarding trip-planning and risk management**

**When: May 2-4, 2008**

**May 2<sup>nd</sup> (6-10 p.m.) – Adult CPR Refresher (must have ARC CPR card that expired no earlier than May, 2007)**

**May 3-4 – Wilderness First Aid**

**Where: Camp Sylvia Stapley, a Girl Scouts of Magic Empire Council property located near Stillwater, OK**

**Who: Anyone that participates in activities that would place him/her at least one hour away from obtaining emergency care.**

**Why: This course contains valuable information that could save a life.**

**Cost: \$45 for Wilderness First Aid & CPR Refresher OR  
\$35 for Wilderness First Aid only (CPR is not a prerequisite)**

**Class size limit: 30**

**To Register: Please contact Melanie Armstrong at [mgarmstrong@brightok.net](mailto:mgarmstrong@brightok.net) or 405-612-3344 to sign up. Please make check payable to: Melanie Armstrong and mail to:**

***Melanie Armstrong  
3202 S. Country Club Rd.  
Stillwater, OK 74074***

**Deadline is April 1<sup>st</sup> to allow time to order and receive course materials/text. For questions regarding this class, you may contact Ms. Armstrong at 405-612-3344.**