



**CPR Saturday**



# Volunteers needed For this Life-Saving Event!

*This will be a NAWIC San Diego  
Volunteer & Educational Opportunity  
Please Sign-Up Today*

**Saturday, March 14, 2009  
5:45 a.m. to 5:00 p.m.  
San Diego Concourse – Golden Hall**

## **What is CPR Saturday?**

CPR Saturday is an annual event for the American Red Cross—San Diego/Imperial Counties Chapter that offers free Adult CPR training and certification to the public.

Last year, over 500 volunteers supported CPR Saturday resulting in free CPR training for 2,187 people. Please join us in the fun this year as we strive to make San Diego America's Most Prepared Community.

NAWIC is getting involved with this event as volunteers, and everyone is welcomed to go through the CPR training at no cost and it includes your certification. Volunteer opportunities are available throughout the day.

All volunteers will receive a commemorative T-shirt  
food will be provided as a "thank you" for making this day a success!

**COME VOLUNTEER AND JOIN IN THE FUN!**

## **GO TO THE WEBSITE BELOW AND REGISTER TO VOLUNTEER**

<http://www.sdarc.org>

Go to "Programs and Services" Look for "CPR Saturday" to Sign-Up as a Volunteer  
The Red Cross will call you to confirm your registration and find out your availability

**If any questions, please e-mail or call Myrna Smith (NAWIC Coordinator)**  
[mismith@harperconstruction.com](mailto:mismith@harperconstruction.com) Phone #619-233-7900

When you have signed up on SDARC website please notify me so I can keep track of our  
Volunteers. Thank You