

LifeSavers: Mind and Body Emergency Skills

**Emergencies don't always
look the way we expect.**

A serious bleed.
A suspected overdose.
A cardiac emergency.
A mental health crisis.

Would you know what to do?

Join Reading Hospital, Counsel on Chemical Abuse, and Tower Behavioral Health for an interactive **LifeSavers Community Training** designed to give you practical skills you can use when they matter most.

Join us and become LifeSaver ready.

November 20

10 a.m. to Noon

Reading Hospital, TJ Auditorium

Breakfast will be provided.



**Scan the QR code
to register.**



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TowerHealth.org



FREE • INTERACTIVE • HANDS-ON

**Four Skills.
One Goal:
Save a Life.**

- 1. Stop the Bleed
+ Hands-on Practice**
- 2. Narcan
Education**
- 3. Behavioral Health:
Recognize, Respond
and Connect**
- 4. Hands-only
CPR + Practice**



Reading Hospital
TOWER HEALTH