

## Program Proposal Form

<b>Title of Program</b>	Keep The Beat
<b>Date and Time</b>	2/19/2019 at 10:00am
<b>Duration</b>	1 hour
<b>Description of Program</b>	Participants will learn what to do in an emergency situation for those who are receiving CPR. They will be taught proper techniques for bystander CPR.
<b>Goals</b>	<ol style="list-style-type: none"> <li>1. Teach participants bystander CPR and First Aide.</li> <li>2. Provide life skills to individuals if they find themselves in an emergency situation.</li> </ol>
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. At least 75% of participants will learn the skills necessary to aide in CPR &amp; First Aide.</li> <li>2. Participants will learn three new facts about bystander CPR.</li> </ol>
<b>Fulfills Successful Aging Model</b>	<input checked="" type="checkbox"/> Disease/Disability Risk Reduction <input checked="" type="checkbox"/> Maintain Physical and Cognitive Function <input checked="" type="checkbox"/> Continuous Engagement with Life
<b>Successful Aging Model Dimensions</b>	<input checked="" type="checkbox"/> Health (Physical/Mental/Spiritual) <input checked="" type="checkbox"/> Social <input checked="" type="checkbox"/> Cognitive

### Contact Information

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